BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

3-9 JANUARY 2026

TV & Satellite Week

NEW

A Thousand Blows

Stephen Graham faces his toughest fight yet as the hit Victorian boxing drama returns

NEW

CAN YOU KEEP A SECRET?

Dawn French and **Mark Heap** play a comedy couple

NEW

LYNLEY

The rebooted detective series is back

NEW

GIRL TAKEN

Alfie Allen in a twisted kidnap drama

HotList This week's 28

Saturday 3

The Masked Singer
***ENTERTAINMENT** ITV1, 6.30pm*

Mo Gilligan, Davina McCall, Maya Jama and Jonathan Ross return to guess the real identities behind disguises including Red Panda, Moth and Disc Jockey. Joel Dommett hosts. Continues tomorrow.

World Darts Championship: Final
***DARTS** Sky Sports Darts & Sky Sports Main Event, from 7.30pm*

The fancy-dressed masses convene on Alexandra Palace for the best-of-13-sets final, won by Luke Littler (above) last time.

Waiting for the Out
***DRAMA** BBC1, 9.30pm (box set, iPlayer)*

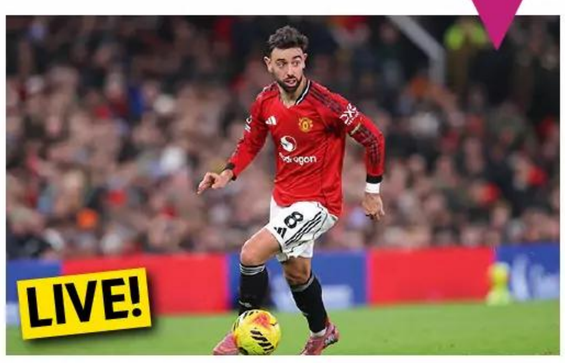
Say Nothing's Josh Finan (above) stars in this drama inspired by a real-life story, about an academic who takes a job teaching philosophy to prison inmates. *See feature, page 6*

Australia v England: 5th Ashes Test
***CRICKET** TNT Sports 1, play starts 11.30pm*

Could Joe Root (above), who scored his maiden Test century on Australian soil in Brisbane, help spare England's blushes in Sydney? Continues until Wednesday.

Full listings start on **p35**

Sunday 4



Premier League
***FOOTBALL** TNT Sports 1 & Sky Sports*

A busy day of action for the top flight, with six games, including the 'war of the Roses' match between Leeds United and Manchester United (k-o 12.30pm), and Manchester City v Chelsea (k-o 5.30pm).

The Floor
***GAME SHOW** ITV1, 8pm*

Rob Brydon (above) takes the helm for this new quiz show – a format that has been sold to 25 countries (Hollywood's Rob Lowe is the US host) – with 81 contestants facing off in quick-fire duels.

The Night Manager
***THRILLER** BBC1, 9pm*

As the spy thriller continues, Jonathan Pine (Tom Hiddleston, above) heads to Colombia on his mission to earn the favour and trust of arms dealer Teddy Dos Santos (Diego Calva). *See feature, p7*

Celebrity SAS: Who Dares Wins
***REALITY** C4, 9pm*

A group of 14 make up Teams UK and Australia, including former England rugby player Ben Cohen and Aussie cricketer Brad Hodge. Continues tomorrow.

Full listings start on **p45**

Monday 5

Corriedale
***SOAP** ITV1, 8pm*

Even if you're not a soap aficionado, this crossover between Corrie and *Emmerdale* is too significant to ignore, with the worlds of Weatherfield and the Dales colliding after a major traffic incident.

Lynley
***CRIME DRAMA** BBC1, 8.30pm (box set, BBC iPlayer)*

Leo Suter takes on the role of DI Thomas Lynley – played by Nathaniel Parker in the 2000s – in this new adaptation of the crime novels. *See feature, page 11*

Lucy Worsley's Victorian Murder Club
***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

The historian (above) examines the unsolved crimes committed by the 'Thames Torso Murderer'. *See Documentaries, page 21*

The Dive
***THRILLER** Film4, 9pm*

We'd recommend choosing a very safe place to watch this anxiety-inducing survival thriller, in which a woman is trapped underwater during a sea-diving holiday. *See review, page 26*

Full listings start on **p55**

Tuesday 6

Rick Stein's Australia
***COOKERY** BBC2, 7pm*

For this new series combining his loves of food and Australia, chef Rick Stein (above) welcomes us to New South Wales, where he introduces us to the local cuisine, characters and beautiful landscape.

Inside the Factory
***FACTUAL** BBC1, 8pm*

Paddy McGuinness (above) learns the secrets behind the making of one of the nation's favourite biscuits, the Jammie Dodger, while Cherry Healey conducts a very important biscuit tea-dunking test.

Waterloo Road
***DRAMA** BBC1, 9pm & 10.40pm (times vary) (box set, BBC iPlayer)*

The school drama returns for another term, and new deputy head Darius Donovan (Jon Richardson) is tested by the arrival of some excluded students.

Catching a Killer
***DOCUMENTARY** C4, 9pm*

One-off documentary examining the murder of Essex dad of two Cumali Turhan, who disappeared in November 2024, only for his body to be discovered at a landfill site two months later.

Full listings start on **p65**

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Wednesday 7

Grantchester

***CRIME DRAMA** ITV1, 9pm (box set, ITVX)*

DI Geordie Keating (Robson Green) is still getting to know vicar Alphy Kottaram (Rishi Nair) in the drama's 10th series when a death disrupts Easter. Continues tomorrow. ***See feature, page 12***

Patience

***CRIME DRAMA** C4, 9pm (box set, Channel 4 Streaming)*

Jessica Hynes (above) joins the cast as detective Frankie Monroe, who faces the bizarre case of a body drained of blood. Continues tomorrow. ***See feature, p12***

Matlock

***DRAMA** Sky Witness, 9pm*

As the American legal drama returns for a second season, Madeline 'Matty' Matlock (Kathy Bates, above) is having doubts about the man claiming to be the father of her grandson Alfie.

Can You Keep a Secret?

***COMEDY** BBC1, 9.30pm (box set, BBC iPlayer)*

Dawn French and Mark Heap (both above) are retirees who find themselves on the wrong side of the law due to a grave admin error. ***See feature, page 8***

Full listings start on **p75**

Thursday 8

Girl Taken

***THRILLER** Paramount+*

Thriller following Lily (Tallulah Evans, above), who has escaped her captor of five years to find the world has moved on, with her kidnapper (Alfie Allen) still at large. ***See Your Watchlist, page 14***

His & Hers

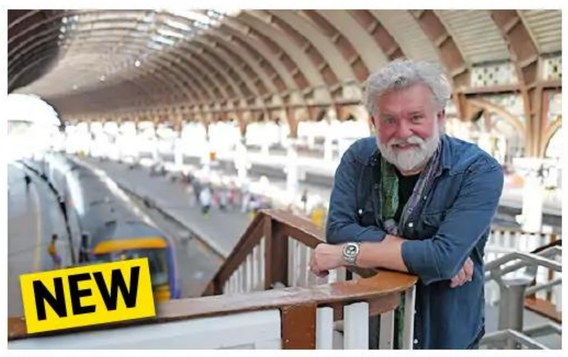
***THRILLER** Netflix*

An estranged married couple – detective Jack (Jon Bernthal) and TV journalist Anna (Tessa Thompson) – are pulled together by a troubling murder in their home town. ***See Your Watchlist, page 16***

Spain with Michael Portillo

***TRAVELOGUE** 5, 8pm*

The ex-MP (above) explores hidden gems in Spain, starting in Barcelona, where he views Antoni Gaudí's Sagrada Família without the queues. ***See Documentaries, page 20***



Britain's Favourite Railway Stations

***DOCUMENTARY** More4, 9pm*

Presenter Si King (above) explores the UK's rail network to discover stunning examples of architecture and engineering, with each terminus telling its own story.

Full listings start on **p85**

Friday 9

A Thousand Blows

***DRAMA** Disney+*

The Victorian gang drama returns for a second season, with Sugar (Stephen Graham) on the streets, and Hezekiah (Malachi Kirby) still coming to terms with Mary's betrayal. ***See feature, page 4***

People We Meet on Vacation

***ROMANTIC COMEDY** Netflix*

Tom Blyth and Emily Bader (both above) star as two friends who holiday together every year – but is there actually more to their relationship? ***See Your Watchlist, p17***

Nuremberg

***DRAMA** Sky Premiere, 12.20pm & 8pm*

An impressively staunch Russell Crowe transforms into Hermann Göring in this retelling of the Nuremberg trials, with Rami Malek as the court's psychiatrist. ***See review, page 24***

Father Brown

***DRAMA** BBC1, 2pm (box set, iPlayer)*

The cosy murder mystery returns, and the priest (Mark Williams, above) is assisted on a case by a surprise visitor, Mrs McCarthy (Sorcha Cusack). Guest stars this series include Julia Sawalha.

Full listings start on **p95**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: DISNEY, BBC/BIG TALK STUDIOS/ALISTAIR HEAP, PARAMOUNT+, BBC/PLAYGROUND TV/JONATHAN HESSION. HOTLIST PHOTOS: LYNETTE BRIGHTON, IAN FARRINGTON. HOTLIST PHOTOS: DISNEY+, GETTY

THE FESTIVE FUN STARTS HERE!
TV TO GET EXCITED ABOUT!
EXCLUSIVE PREVIEW
The Night Manager
Tom Hiddleston's dangerous mission as the hit spy drama returns
It's UNIT against the Sea Devils in a Doctor Who spin-off
EXCLUSIVE
Town
Christmas preview!

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On the ropes

Seconds out... Victorian boxers **Stephen Graham and Malachi Kirby** face a bruising return to the East End

NEW FROM Disney+

NEW DRAMA

A Thousand Blows

From Friday 9 January, Disney+

Stephen Graham smiles as he casts his mind back to the time he spent immersed in a world of Victorian bare-knuckle boxing while filming hit Disney+ drama *A Thousand Blows*.

The Emmy-winning actor met up with *TV&Satellite Week* on set to talk about his return to Steven Knight's gritty gang drama set in London – and the *Adolescence* star can't wait for people to see the next chapter.

'*A Thousand Blows* is a fictitious story, but many of these characters actually existed and Steven has woven real historical events into the piece brilliantly. It's a beautiful tapestry,' he tells us. 'It's honestly a dream job to work on. You should see the sets – I haven't seen anything like it since *Gangs of New York*.'

The six-part second season takes us back to the East End during the 1880s, where Graham's character, real-life brawler Henry 'Sugar' Goodson, is down on his luck.

As we rejoin the story, Sugar has been living on the streets for a year after beating his brother 'Treacle' (James Nelson-Joyce) to a pulp in their tavern, The Blue Coat Boy.

He attacked his sibling because he had stolen the West End boxing career Sugar had planned to pursue – but that fury and violence has long since given way to remorse.

'Sugar is at his lowest ebb – you don't think he can sink any lower,' explains Graham. 'He's in the gutter, he's drinking a lot and he's riddled with guilt and shame. He's a broken man because of what he did to his brother and there's a moment where he says, "I contemplated the river," which is a beautiful line, because it says so much.'

Help comes from an unexpected source when Sugar's love rival and former opponent in the ring, Hezekiah Moscow (Malachi Kirby), drags him off the cobbles and takes him to Treacle for an uneasy reunion.

The Goodson brothers seem ready to put their past behind them, but moving on could be more difficult for Hezekiah and the leader of the all-female Forty Elephants gang, Mary Carr (Erin Doherty).

The pair had planned to travel to New York together at the end of the first season. However, the revelation that Mary had knowledge of the plot that led to the death of Hezekiah's best friend, Alec Munroe, was simply too much for him to bear.

'Hezekiah is still heartbroken by Alec's death and Mary's betrayal,' says Kirby, as he joins us on set. 'He came to London from Jamaica with big dreams, but that's been beaten out of him a bit. He's ready to leave this place behind and go home.'

Banned from the boxing world following the death of his American opponent during a bout, Hezekiah is now fighting on the barges for money. But he still dreams of striking back at Indigo Jeremy (Robert Glenister), the villainous leader of the Elephant Boys gang, who was behind Alec's killing.

Indigo is also in Mary's sights after all of her Forty Elephants gang members, with the exception of Alice Diamond (Darci Shaw), abandoned her and returned to being under the wing of her ruthless mother, Jane (Susan Lynch).

'Hezekiah is ready to leave and go back to Jamaica, but before he does, he wants revenge,' explains Kirby, 36. 'He doesn't trust Mary and they're not on speaking terms, but they do have some business interests that are aligned.'

'Fans should expect the unexpected,' adds Graham, 52. 'These characters lived through lots of real historical events – for instance, Hezekiah is asked to rub shoulders with royalty this time. I don't want to give anything away, but the season also ends on a major historical event that causes serious upheaval.'

Such a climax could pave the way for a potential third season, and Graham says he'd be absolutely delighted to return if another run was green-lit.

'I'd love to keep going. I've never wanted to do something more in my life,' he says. 'Roles like this don't come around very often and there are so many more stories to tell – incredible stories that you won't hear about in history class.'

Sugar and Treacle

Mary's out to take back control of the Forty Elephants

'He's in the gutter, he's drinking a lot and he's riddled with guilt'

STEPHEN GRAHAM

WORDS: SEAN MARLAND. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES

Sugar, Mary and Hezekiah

WHO'S NEW IN *A THOUSAND BLOWS*

Bull Jeremy
Ned Dennehy

The brother of Elephant Boys leader Indigo Jeremy, Bull becomes prominent in the gang and is involved in a bitter feud with Hezekiah and the Goodson brothers.

Sophie Lyons
Catherine McCormack

The notorious American criminal arrives in London from New York with plans to pull off an ambitious job with the help of the Forty Elephants.

Prince Albert Victor
Stanley Morgan

The young royal and heir to the throne wants Hezekiah to teach him how to fight in the hope of settling a grudge, and makes the boxer a very generous offer.

TV WEEK

Josh Finan is a troubled teacher working with prison inmates

INSIDE JOB

NEW DRAMA

Waiting for the Out

Sat, 9.30pm, BBC1 (box set, iPlayer)

Countless films and TV series have centred on the experiences of prison inmates behind bars. But the compelling new drama *Waiting for the Out*, based on Andy West's acclaimed memoir, also reflects on the challenges faced by friends and family in the outside world.

The six-parter stars Josh Finan (*The Responder*) as Dan, a young academic whose family life has been blighted by crime and jail time.

'Dan was brought up in a family where the male figures – his dad, uncle and brother – have been incarcerated at various points as he was growing up. But crucially, he didn't go down that route,' says Finan.

Now at a crossroads in his life, Dan takes a job teaching philosophy to prison inmates, but is troubled by his sometimes debilitating OCD-style behaviour. He also has visions of his abusive, estranged father (*Shameless* actor Gerard Kearns), and wonders whether he, too, is destined to end up in prison.

Gerard Kearns plays Dan's dad

His protective older brother Lee (*Bergerac*'s Stephen Wight), a former addict and jailbird, has turned things around and has recently become a father. But while Dan's life has gone in a different direction from those of his male relatives, he feels he doesn't fit in, and struggles to connect meaningfully with his mother (*Sex Education*'s Samantha Spiro) and ex-con uncle Frank (*EastEnders*' Phil Daniels).

SENSORY OVERLOAD

'Dan has this feeling of survivor's guilt, and is running from the idea that he is inherently a bad person,' says Finan. 'His new job teaching in a prison exacerbates those tensions and opens up a lot of unanswered questions.'

In the same way that hit Netflix miniseries *Adolescence* sparked debate around issues of masculinity and the influence of social media on teenage boys, *Waiting for the Out* is likely to start conversations about the prison system, and how it affects inmates and their families.

'It looks at the long shadow cast over the lives of those affected by the incarceration of their loved ones,' comments Finan. 'While it shows great hope, there's also a sense that, for families whose lives become intertwined with prisons, the experience stays with you.'

As part of his research for the role, Finan met up with author Andy West, who appears in the drama as an escorting officer bringing Dan into the prison on his first day. He also accompanied West to one of his philosophy classes in a prison, which proved a memorable experience.

'The crux of the first episode is how Dan feels during his first day of work,' he says. 'The whole process of entering a prison for the first time is stressful, as it's sensory overload. I really wanted to capture that feeling and try to use it.'

Finan was also struck by how West did not adapt his behaviour to fit in with the prison environment.

'He was wearing loafers with no socks,' he recalls. 'And I was like, "I can't believe you're not wearing socks on D wing – you're going to get battered!"'

Siblings Lee and Dan

Dan (Josh Finan, centre) is overwhelmed by the prison surroundings

Playing with fire

Jonathan Pine’s mission takes a **dangerous turn**...

THRILLER

The Night Manager

Sunday, 9pm, BBC1

As the new series of *The Night Manager* continues, Jonathan Pine (Tom Hiddleston) travels to Colombia on a perilous mission to win the trust of villainous arms dealer Teddy Dos Santos (Diego Calva).

After living quietly as Alex Goodwin for several years, Jonathan now adopts another new identity – that of Matthew Ellis, a reckless, high-flying financier from Hong Kong – in a bid to infiltrate Teddy’s circle.

When he arrives in Medellín, he’s surprised to encounter Roxana Bolaños (Camila Morrone), a businesswoman from Miami who he met at a birthday party for MI6 boss Rex Mayhew (Douglas Hodge). But as Roxana helps Jonathan work his way into the South American gunrunner’s confidence, she knows that she’s playing a dangerous game.

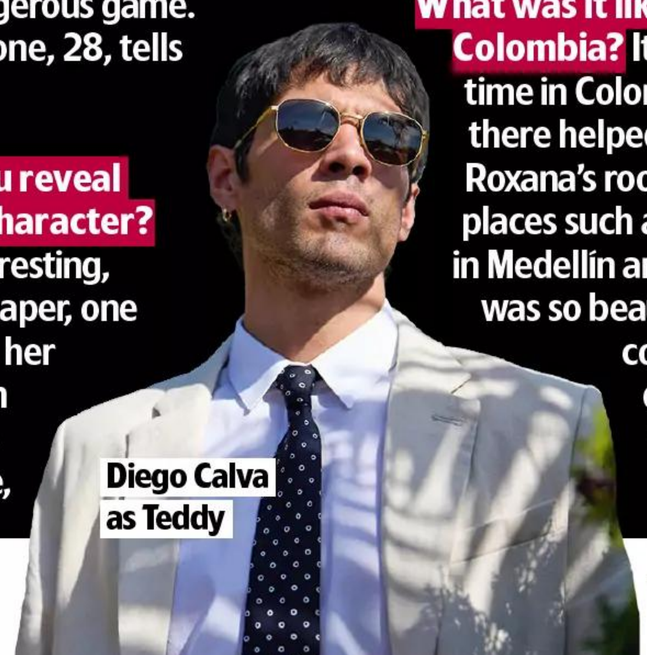
Here, Morrone, 28, tells us more...

What can you reveal about your character? Roxana is interesting, because, on paper, one would expect her to be a certain way, but she’s unpredictable, resilient and brave. It’s very easy to put her in a femme-fatale category, but she’s not anybody’s toy. She’s the smartest person in the room.

What is her relationship with Teddy like? It is an incredibly dangerous relationship – even though there’s a lot of love, Roxana always knows her place with Teddy. She knows he’s a dangerous man, and that creates a very interesting dynamic.

How will Roxana and Jonathan’s relationship develop? They are two very broken people who don’t know how to love but wish that they could. They’re both gamblers, addicted to the thrill of the game. The relationship between them becomes more difficult and tangled because it’s a never-ending wheel of trust and betrayal. At the same time, Roxana doesn’t have anyone else to lean on.

What was it like filming in Colombia? It was my first time in Colombia and being there helped me to establish Roxana’s roots. Shooting in places such as the houses in Medellín and Cartagena was so beautiful. It was colourful, it felt dangerous, it was hot and it was sexy.



Diego Calva as Teddy

WORDS: SEAN MARLAND, IAN MACEWAN. PHOTOS: BBC

TV WEEK

House of lies

Dawn French and Mark Heap star in a comedy about a retired couple with something to hide

NEW COMEDY

Can You Keep a Secret?

Wednesday, 9.30pm, BBC1 (box set, BBC iPlayer)

Dawn French's new TV character couldn't be more different from *The Vicar of Dibley*'s jolly cleric Geraldine Granger. In her latest sitcom *Can You Keep a Secret?*, the comedy legend plays a 'widowed' grandmother embroiled in an outrageous fraud.

French stars as indomitable Debbie Fendon, whose eccentric husband William (*Friday Night Dinner*'s Mark Heap) is very much alive, and has only been declared dead due to a mix-up involving their flaky GP, in the six-part series.

But Debbie realises that if William, who is living with Parkinson's disease, remains officially deceased and stays hidden in their loft, they can claim the insurance money. However, their nervy son Harry (*Red Oaks*' Craig Roberts) soon discovers the truth. But will his police-officer wife Neha (*Doctor Who*'s Mandip Gill) and the neighbours in the Fendons' sleepy West Country village remain oblivious?

Here, French, 68, tells us more about the series...

How did the show come about? **The co-writer of *The Vicar of Dibley*, Paul Mayhew-Archer, who is living with Parkinson's himself, said his son Simon had written a sitcom. I wasn't looking for another sitcom – good ones are as rare as hen's teeth. But then I read it...**

What's your take on Debbie? **She's in charge and always right. I'd not played somebody like her before. She's not a bad person – she feels she has justice on her side as they've been shafted because of William's Parkinson's. But she doesn't think about the consequences.**

Did you enjoy working with Mark Heap again after co-starring in *Lark Rise to Candleford* and *The Trouble with Maggie Cole*? **Yes, there's something about Mark as this character hiding upstairs, wearing disguises and being a blithering idiot that's hilarious. He's a good chum and someone you can just throw the ball to. Having worked with Jennifer Saunders for years, that's always what I'm looking for.**

Neha's unaware of Debbie's deceit

Is it tricky for Debbie and William to keep their secret? **It's hard, and the show has a thriller element, too. Harry can't tell his wife, so he's frustrated. And Debbie's prepared to go a long way to shut people up...**

Are you good at keeping secrets yourself? **Really good! I always say, 'Is this a secret?' If it is, it's locked in the vault. If not, I enjoy a gossip!**

Do fans still chat to you about *The Vicar of Dibley*? **Yes. People always thank me for *The Vicar of Dibley*, but it's Richard Curtis and Paul Mayhew-Archer who should be thanked – they wrote such a darling thing. During Covid-19, people looked to it for comfort. People even ask if I'll marry them to their partner because they think I'm a vicar, and I've been asked to christen children!**

Harry's caught up in William and Debbie's scheme

WORDS: CAREN CLARK, SIMON TIMBLICK. PHOTOS: BBC, ITV, MARK BRUCE/ITV

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

From left: Debbie, Todd, Carla, Cain, Charity and John

CORONATION STREET

Who dies in soap crossover event *Corriedale*?

» In a major soap schedule shake-up, ITV1 will now air *Emmerdale* and *Coronation Street* back-to-back weeknights from 8pm, starting this Tuesday.

To celebrate the new 'soap power hour', characters from both shows will collide in a special one-off crossover episode, *Corriedale* (Monday, 8pm).

There is tragedy in store in Weatherfield in the aftermath of Debbie and Ronnie's dramatic wedding day, as a minibus carrying guests including Billy, David, pregnant Shona, Steve and Tracy drives into danger…

Meanwhile, bride Debbie is trapped in a car with her drink-driving brother Carl, who is desperate to flee the area after secretly stealing £10,000 in cash.

The scene of the crash

Then there's Carla and detective Kit, who are in hot pursuit of her true love Lisa, who remains unaware of her former wife Becky's devious dark side.

On a dark and stormy road between Manchester and Yorkshire, a multi-car-crash disaster will see villagers including Cain, Moira, Charity, Aaron and Robert thrown into the mix, with the catastrophic event leaving lives changed for ever and at least one major character dead!

» PLUS Todd enlists the help of his ex Billy to escape from abusive boyfriend Theo, Cassie is furious after claiming love rival Tracy locked her in the bridal-suite toilet, and a police investigation leads to someone being arrested…

ALSO IN THE SOAPS THIS WEEK…

EMMERDALE

» Aaron is held at gunpoint by his deranged ex John (right), Mackenzie finds out about wife Charity's betrayal with Ross, April returns to the village hiding a dark secret, plus whose body is in the back of a haulage van?

EASTENDERS

» Linda clashes with former classmate Bea at her school reunion (above), Nicola helps son Harry get revenge on Ravi, Sam gets a date for her lumpectomy, and the fallout from the Christmas Day drama continues for one Walford family…

RED EYE

ONCE YOU'RE IN, THERE'S NO WAY OUT.

itv

WATCH FROM

New Year's Day

TV WEEK

DI Thomas Lynley (Leo Suter) and DS Barbara Havers (Sofia Barclay)

Noble intentions

Leo Suter plays an aristocratic detective in a crime-drama reboot

NEW CRIME DRAMA

Lynley

Monday, 8.30pm, BBC1 (box set, BBC iPlayer)

Crime-drama fans will remember Nathaniel Parker in the role of aristocratic Detective Inspector Thomas Lynley, who rejected his life of privilege in favour of a policing career.

The Inspector Lynley Mysteries was a big hit when it ran on BBC1 between 2001 and 2008, and now the channel is rebooting the popular show in a modern makeover starring Leo Suter as the upper-crust copper.

'I was only seven when the first series came out. I watched Nat Parker's interpretation as part of my preparation and really enjoyed it,' says Suter, who's best known for playing royal warrior Harald Sigurdsson in Netflix series *Vikings: Valhalla*. 'Our version is quite different because it's released almost 20 years later, but it pays homage to the previous version.'

CLASS CLASH

Based on the mystery novels by bestselling US author Elizabeth George, the new series introduces viewers to the dapper detective when he starts working with the Three Counties Major Investigation Team, covering Suffolk, Norfolk and Cambridgeshire.

From the off, Thomas clashes with his new partner – outspoken, working-class DS Barbara Havers (*Ted Lasso* favourite Sofia Barclay) – during their investigation into the death of a wealthy art collector with a sordid secret life. But as the case progresses, Barbara realises that, despite their very different backgrounds, Thomas cares as much about justice as she does.

'The class difference is certainly a wedge that could divide them, but it's a wedge they are able to overcome,' reveals Suter, 32, whose credits include *Sanditon* and *Victoria*. 'Thomas doesn't want to make a big song and dance of the fact that he is an aristocrat. If he was too brazen about it, he'd be laughed out of the police force by the rest of his colleagues.'

'The class difference is certainly a wedge that could divide them'

LEO SUTER

Future investigations in the four-parter involve a missing-person case tied to Thomas' former Oxford classmate and love interest Helen Clyde (Niamh Walsh); the discovery of a young man's body in the Norfolk Broads; and the hunt for a serial killer. The reimagining also explores the bad blood between Thomas and his boss, DCI Brian Nies (Daniel Mays), from their time together in the Metropolitan Police in London.

LASER FOCUS

'All four episodes involve gritty, complicated crimes that demand all of Thomas' attention. There isn't much space for love or family, but there are glimpses of his background and his past at Oxford,' says Suter, who admits he enjoyed some trappings of wealth while portraying Thomas.

'There were definitely some perks. Getting to drive Thomas' Jensen Interceptor Mk II was certainly a highlight.'

DCI Brian Nies (Daniel Mays)

WORDS: ELAINE REILLY. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Si King

Britain's Favourite Railway Stations with Si King

NEW

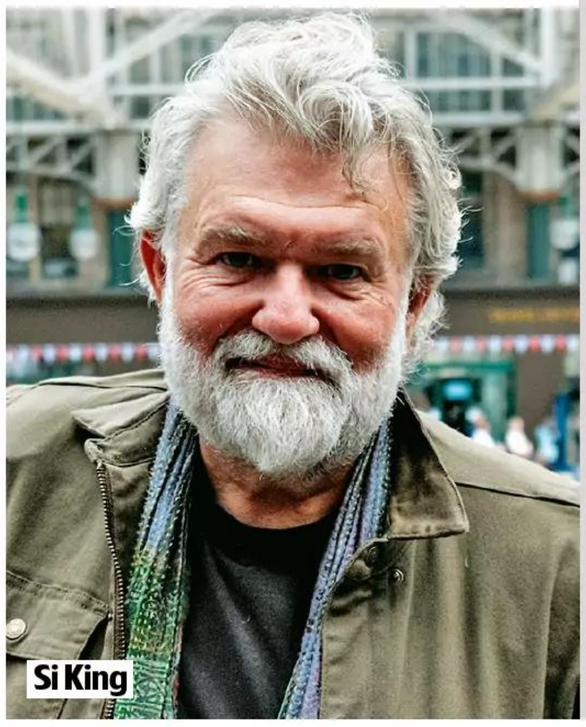
Thursday, 9pm, More4

2006

Along with his late pal Dave Myers, Si King fronted the BBC series *The Hairy Bikers' Cookbook* (inset) from 2006 to 2007. Together, the pair's many shows included *The Hairy Bikers' Food Tour of Britain* (2009) and *The Hairy Bikers' Comfort Food* (2017). King has also been an occasional presenter and guest on *Saturday Kitchen*.

HIS NEW SHOW

In a new four-part series, train enthusiast King, 59, joins transport historian Siddy Holloway and architect Damion Burrows to explore the UK's vast railway network, which boasts more than 2,600 stations, checking out some of our most eclectic hubs to uncover their fascinating history. This week, he visits York Station, while Holloway travels to Lowestoft and Burrows takes a trip to Huddersfield. 'Railway stations are where adventures start and end, where lives change and extraordinary stories unfold', says King.


Si King

WORDS: NICK CANNON, NATASHA HOLT, REBECCA MAHONEY, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: BBC, C4, ITV, SKY, CBS

Jessica Hynes and Ella Maisy Purvis as Frankie and Patience

Zero patience

The **autistic crime-solver is back** – with a tough new boss

Robson Green and Rishi Nair

Element of fear

Geordie and Alphy investigate the death of a science student...

NEW CRIME DRAMA

Grantchester

Wednesday & Thursday, 9pm, ITV1 (box set, ITVX)

Robson Green's old-school detective Geordie Keating and Rishi Nair's crime-fighting clergyman Reverend Alphy Kottaram are probing more murders as *Grantchester* returns to ITV1 – and there's double the body count as the 10th series kicks off with two episodes this week.

Wednesday's opener features an apparent suicide at the local fete that soon becomes clear is murder after villager Reg is found dead with a gunshot wound. The second sees the death of university student Christina, a researcher for hot-tempered science professor Aldo (*Holby City*'s Guy Henry). Did Aldo's rivalry with a fellow academic cost Christina her life?

NEW CRIME DRAMA

Patience

Wednesday & Thursday, 9pm, C4 (box set, Channel 4 Streaming)

York's ancient, cobbled streets are the scenes of baffling crimes once again as autistic police archivist Patience Evans returns to crack more cases in eight new episodes.

But despite her invaluable contribution to detectives, Patience (Ella Maisy Purvis) faces a daunting challenge in Season 2 as she must prove her unparalleled puzzle-solving brilliance to new boss DI Frankie Monroe (Jessica Hynes), who's transferred to head the team.

Purvis with Tom Lewis

Frankie is intent on keeping Patience in her place in the criminal-records department, even when she's the first to identify clues after a man is found with a stake through his chest in the opener. He's also been drained of blood and has incisions on his neck – is a vampire preying on York's residents?

'Frankie is a stern, direct policewoman who likes pastries and motorbikes,' says Hynes, 53, who's known for hit comedies *W1A* and *Spaced*. 'She seems grumpy, but she's a good cop and she cares about justice and procedure, which is why she's not keen on Patience being involved because she's not a trained police officer.

'I've never played a role like this before. A detective drama is a big departure for me. I'm out of my comfort zone because my natural inclination is to be funny.'

NEW CHALLENGES

Adapted from a French drama, the series is filmed in both York and Belgium, and the cast includes neurodiverse actors, including Purvis. Meanwhile, Mark Benton is back as DCI Calvin Baxter, plus Nathan Welsh as DS Jake Hunter and Ali Ariaie as DC Will Akbari. Look out, too, for guest Chris Gascoyne (AKA Corrie's Peter Barlow) in Episode 1.

There's also romance blossoming this season as Patience grows closer to crime-scene officer Elliot Scott (Tom Lewis).

'I don't think we've seen many autistic people represented on screen like Patience. She has a job, a relationship, friends and people around her that nurture the way she thinks,' says Purvis, 22.

'Frankie is horrible to her in the beginning but Patience doesn't take no for an answer and, thankfully, their relationship develops into something wonderful.'

Meanwhile, with Geordie teasing Alphy about his disastrous dating life, the vicar flirts with a local librarian and gives her his phone number. Will she call, and is Alphy ready to commit?

'That depends on whether he's in the right frame of mind to give himself to someone,' reveals Nair, 34. 'Alphy finds it hard settling down because of things that have happened in his life. He has to reopen boxes he thought he'd locked away. That means relationships are tested.'

Geordie also has personal issues to deal with when he and long-suffering wife Cathy (Kacey Ainsworth) clash over their differing approaches to parenting.

'This series deals with the parent-child dynamic as Geordie questions his ability to be a good father to his son David,' explains

Guy Henry as Aldo

Green, 61, who has wrapped filming the final series of *Grantchester* after ITV announced that the next run will be the show's last.

'I've had the incredible fortune to be part of this extraordinary team who have become more than colleagues. The bonds we have formed extend far beyond the camera lens, and I know that they will endure long after the final scene airs. It has been an honour to share in the magic of *Grantchester*.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Matlock

NEW

Wed, 9pm, Sky Witness

Kathy Bates (left) is back as Madeline 'Matty' Matlock, a retired attorney who joined New York law firm Jacobson Moore in a secret bid to expose their involvement in covering up her daughter's opioid death. In the Season 1 finale, Matty's mentor Olympia (Skye P Marshall) discovered that her ex-husband Julian (Jason Ritter) had concealed vital documents – but where do her loyalties lie? And can she fool the whip-smart Matty?

Evil

Sunday, 9pm & 10pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

NEW

All episodes of the horror thriller will be available for the first time on Sky, including the UK premiere of the fourth and final season. This week, there's another chance to catch the opening two episodes of the first series. A tech contractor, psychologist and priest investigate alleged supernatural events.

● *Seasons 1-3 previously shown on U&Alibi*

Waterloo Road

Tuesday, 9pm & 10.40pm (Scot, 11.10pm), BBC1 (box set, BBC iPlayer)

NEW

A new term kicks off with two episodes as Karl Davies joins the cast as Anthony Walters, coach of the girl's football team and ex-hubby of canteen worker Nicky (Kym Marsh). Plus, there's a familiar face in the classroom when Denise Welch (right) returns in the second episode as language teacher Steph Haydock.

Black Ops

Thursday, 9.30pm, BBC1 (box set, BBC iPlayer)

NEW

The crime comedy is back for a second series, with Nigel Havers, Tom Stourton and Annette Badland joining the cast. This time, Kay (Hammed Animashaun) and Dom (Gbemisola Ikumelo, pictured with Animashaun) are working for MI5 but their jobs are far from glamorous as they find themselves tackling boring admin. But that all changes when they meet a charismatic spy...

WATCHLIST

YOUR

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv

Rick (Alfie Allen) keeps Lily (Tallulah Evans) prisoner for five years

Alfie Allen and Jill Halfpenny star in a dark thriller about a shocking kidnap

Escaping EVIL

Paramount+

Girl Taken

NEW *Available:* ***Thursday 8 January***
Genre: ***Thriller***
Season: ***1*** *Episodes:* ***6***

The horrific abduction of a teenager casts a long shadow in Paramount+'s tense new thriller *Girl Taken*.

In the six-parter, single mum Eve Riser (Jill Halfpenny) and her 17-year-old daughters Lily and Abby – played by real-life sisters Tallulah and Delphi Evans – are living in the fictional northern town of Hollowfell. While Lily is keen on partying with boyfriend Wes (Levi Brown), Abby has her sights set on university, and her apparently charming English teacher Rick Hansen (Alfie Allen) has been helping her to prepare.

When Lily and Abby have a bust-up at a gathering, Lily storms off and accepts a lift home from Rick – only for the teacher to reveal his terrifying true nature when he takes her to a remote cottage and keeps her captive in the cellar.

There, he subjects her to a campaign of abuse and tries to mould her into his 'perfect woman'.

'Rick is seemingly a nice guy on the surface and a pillar of the community,' reveals *Game of Thrones* star Allen, 39. 'But he is controlling at home with his wife Zoe [Niamh Walsh]. He also has the discipline required to cover his tracks.'

Jill Halfpenny as Eve

Lily's family and the police carry out a desperate but ultimately fruitless search – and it's not until five long years later that Lily finally manages to escape. As she sets about trying to rebuild her life with her mum and sister, the family faces an uphill struggle to bring Rick to justice.

'Lily has been traumatised and she's still under Rick's power, even though she's home. She's worried about what his next move will be,' says *The Feud* and *The Cuckoo* star Halfpenny, 50.

'They are strong women. But Rick's a psychopath, so he

feels justification for everything he does. He's also clever and a couple of steps ahead because he has thought about how to remain untraceable…'

The thriller's setting, against a backdrop of brooding mountains and woodland, adds to the chilling atmosphere throughout the series.

'We actually filmed it in northern Spain, in the Basque region,' says Halfpenny. 'It's like a horror movie where you're in a forest and there's that feeling that you can scream and no one's going to hear. That's a terrifying notion.'

'When you're working with dark material like this, it helps to have a lovely cast,' adds Allen. 'It was challenging to go through these horrible situations, but we were all there to support each other.'

What we're watching...

The shows being enjoyed by the *TVSW* team

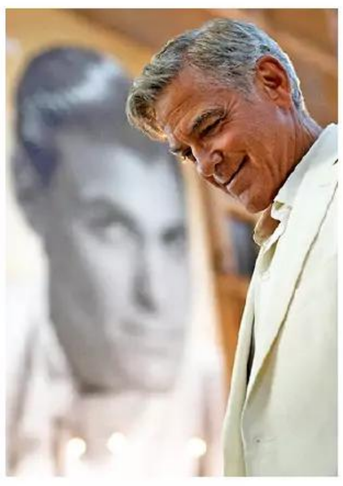
The Roses

Genre: Comedy Episodes: One-off

Olivia Colman and Benedict Cumberbatch (both above) are on top form, brilliantly exchanging caustic one-liners as Ivy and Theo Rose, a once blissfully happy couple whose marriage becomes terrifyingly toxic, in a bitingly witty black comedy – a remake of 1990's *The War of the Roses*, starring Michael Douglas and Kathleen Turner. When Theo's career as an architect dramatically implodes, Ivy's seafood business takes off in spectacular fashion and the cracks begin to appear in their marriage. Before long, it is all-out war between the pair.

Jay Kelly

Genre: Comedy drama Episodes: One-off



George Clooney (right) is Jay Kelly, a movie star who spontaneously takes a trip across Europe in what becomes a journey of self-discovery as he reflects on his life and his legacy, in a bittersweet tale.

Hunted by My Husband: The Untold Story of the DC Sniper

Genre: Documentary Episodes: One-off

How sniper John Allen Muhammad (right) killed several people in 2002 as a smokescreen for his real target – his ex-wife.

Now in production...

Three upcoming shows to look out for soon

Hancock Park

Regé-Jean Page (above) will feature in Netflix's racy thriller about a family trying to maintain their standing among LA's elite. But after a charming stranger rents the guest house in their back garden, he infiltrates their world and their darkest secrets come under threat.

Mosquito

Disney+'s six-part comedy will star *The Great*'s Nicholas Hoult (above) and *Normal People*'s Daisy Edgar-Jones as newly married Ed and Kate, whose lives start to implode when a troublesome insect sets off a chain of events and some surprising revelations emerge.

The Rest Is Football

When the 2026 World Cup kicks off in North America, Gary Lineker, Micah Richards and Alan Shearer (all above) will host a daily TV version of their football podcast. The Netflix series will see them analyse matches and chat to guests in New York.

WORDS: CAREN CLARK, JUDY EWENS. PHOTOS: COURTESY OF NETFLIX, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PARAMOUNT+

Jon Bernthal and Tessa Thompson

Blood ties

Jon Bernthal and Tessa Thompson are estranged spouses brought together by murder

NETFLIX

His & Hers

NEW *Available: Thursday 8 January Genre: Thriller Season: 1 Episodes: 6*

If you were gripped by Claire Danes and Matthew Rhys' intoxicating thriller *The Beast in Me*, be sure to make this suspense-packed six-parter about a reclusive newsreader and her estranged cop husband your next watch.

Co-written and co-directed by British film-maker William Oldroyd, the drama unfolds when former Atlanta news anchor Anna Andrews (Tessa Thompson) is drawn back into the spotlight when she learns of a shocking murder in her sleepy home town of Dahlonega, Georgia.

Bernthal with Sunita Mani

INTRIGUING CONNECTION

After living a solitary existence away from friends and family, Anna returns to work as a field reporter to cover the investigation, helmed by her estranged husband, detective Jack Harper (Jon Bernthal).

As the fractured couple are forced back into each other's orbit, Anna's search for answers intensifies – and so do Jack's suspicions about his ex's fixation with the case. Their marriage is already complicated by loss and betrayal, but will this end it once and for all?

'From the second I heard what Will was imagining doing with Alice Feeney's brilliant book to the moment I visited the town where our story is set, I was hooked,' says *Hedda* star Thompson, 42.

The cat-and-mouse game also ensnares Anna's cameraman, Richard (Pablo Schreiber), along with his ambitious wife and Anna's replacement on the news desk, Lexy (Rebecca Rittenhouse).

Plus, the drama follows Anna's troubled mother, Alice (Crystal Fox), who has been out of touch with her daughter for a year, Jack's outspoken sister, Zoe (Marin Ireland), and her six-year-old daughter, Meg.

But could Priya (Sunita Mani) – a new crime-fighter at the sheriff's office who has a fascination with murder – be exactly the edge Jack needs to crack the case?

'At its core, the show is about truth,' says Thompson, 'but also about how dangerous the truth becomes when shared between two people who once loved each other.'

SECRET weapon

Hugh Laurie plays Eric Peterson

Hugh Laurie joins the high-octane spy thriller

tv

Tehran

NEW *Available: Friday 9 January Genre: Thriller Season: 3 Episodes: 8 (released weekly)*

As one of Hollywood's most in-demand actors, Hugh Laurie is in the privileged position of being able to cherry-pick his roles. But the 66-year-old star admits that there's only one current TV show that really captures his imagination.

'I told my agent the only thing I love is *Tehran*,' he recalls. 'I went on about it for so long that he called up one day and said, "You're in it!" I hadn't seen the script, I didn't know who the character was, but I'm such a fan that I was on the next plane.'

In the third season of the thriller, Laurie plays Eric Peterson, a South African nuclear inspector working in Iran who needs the help of undercover Mossad agent Tamar Rabinyan (Niv Sultan) when he falls foul of Faraz Kamali (Shaun Toub), head of investigations for the Revolutionary Guard.

'Eric is a nuclear physicist who leads a team from the International Atomic Energy Agency,' explains Laurie. 'His responsibility is to see that Iran is not producing weapons-grade uranium.'

But when Eric suspects that Iran is building a nuclear device, he is caught up in a hostage situation. Will he make it out alive?

Niv Sultan as Tamar

WORDS: CAREN CLARK, REBECCA MAHONEY, VICTORIA WILSON. PHOTOS: 5, APPLE TV, BBC, ITV, NETFLIX

Road to romance

Poppy, Trey, Alex and Sarah

Will **two friends fall in love** on their summer holidays?

Emily Bader and Tom Blyth

NETFLIX People We Meet on Vacation

NEW *Available:* ***Friday 9 January***

Genre: ***Romantic comedy***

Classic 1980s romantic comedy *When Harry Met Sally…* got audiences talking when it posed the question, 'Can men and women ever just be friends?' Now, a new Netflix romcom asks whether two platonic pals can go travelling with no strings attached in *People We Meet on Vacation*.

Based on the bestselling novel by Emily Henry, the movie follows free-spirited Poppy (*My Lady Jane*'s Emily Bader) and routine-loving Alex (*The Gilded Age*'s Tom Blyth), who, after meeting on a road trip, make a pact to spend every summer vacation together.

OPPOSITES ATTRACT?

'Poppy is a fiery, enthusiastic rascal of a young woman who has an adventurous spirit and impulsive nature that keeps her life interesting, but not always grounded,' says Bader. 'She always chooses to see the positive in things, but deep down she's worried she might be too much for everyone.'

Her travel companion, Alex, couldn't be more different. 'He's a stoic, reserved guy who lost his mum at a young age and who has bubble wrap around him to keep him protected from the world,' adds Blyth, 30. 'He's even scared of flying.'

GLOBETROTTERS

The film – which co-stars *Succession*'s Alan Ruck, *Emily in Paris*' Lucien Laviscount and *The White Lotus*' Sarah Catherine Hook and Lukas Gage – follows the pair as they commit to their promise, travelling to Canada, New York, New Orleans, Ohio, Barcelona and Tuscany.

'We shot 65% of the film in and around Barcelona,' reveals director Brett Haley. 'The challenge was how to pull off Canada, Tuscany, New Orleans, Ohio and New York City in the Barcelona area. So there's lots of invisible trickery going on.'

Bonding over new experiences, language barriers and Paula Abdul songs, Poppy and Alex become the best of friends. But will being travel buddies lead to romance?

'One of my favourite things about this movie is how it's a slice of life – two people just being able to love themselves, and therefore love each other,' says Bader, 29. 'It reminds me of the romcoms I grew up on, and it's lovely to appear in something nostalgic and reminiscent of that time.'

+ EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER The War Between the Land and the Sea

BBC1's *Doctor Who* spin-off sees UNIT worker Barclay (Russell Tovey) negotiate at a summit with an ancient underwater species. Conflict erupts, but a bond with ambassador Salt (Gugu Mbatha-Raw) also develops.

5 The Imposter

In 5's thriller, ailing Melbourne-based hotelier Helen (Jackie Woodburne) gets a shock when a woman (Kym Marsh) turns up and claims to be her long-lost daughter, who was adopted as a baby. But the newcomer is not all that she seems...

itvX Accidental Tourist

Nervous traveller Stephen Mulhern submits to the whims of pals Ant and Dec on ITV1 as they send him to South Korea. He has an emotional encounter with a shaman, plucks up the courage to try seafood, and goes free-diving.

itvX Steve Backshall's Royal Arctic Challenge

On ITV1, as the naturalist re-creates the Canadian trip that the future King Charles went on in 1975, he also chats to the monarch about the devastating impact of climate change on the region.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Baylen Out Loud

Monday 5 January

The second season of the reality series chronicling the daily challenges of Baylen Dupree, a young woman living with Tourette's syndrome. As she and her fiancé Colin Dooley plan their wedding, Colin's time in the US Air Force is coming to an end, meaning he must find another job.

Spring Fever

Monday 5 January

Korean romcom series. A cold-hearted teacher from Seoul comes to a small-town high school with her mind set against the place. There, she meets the uncle of one of her students, a man whose fiery passion could melt the coldest of hearts.

The Curse

Monday 5 January

One-off Polish comedy drama. Two sisters find their lives plagued by misfortune until one day their gran reveals a long-hidden secret to them – a curse was put on the family generations ago. The siblings then embark on a quest to end it, which means outwitting their cunning great-aunt.

The Bear

Wednesday 7 January

The first season of the Emmy- and Golden Globe-winning comedy drama starring *Springsteen: Deliver Me from Nowhere*'s Jeremy Allen White as Carmen 'Carmy' Berzatto, a young chef from the fine-dining world who comes home to Chicago to run his family's beef sandwich shop after his brother's suicide. Previously shown on Disney+.

Suburban Nightmares: The JonBenét Ramsey Story

Wednesday 7 January

True-crime documentary about six-year-old beauty-pageant star JonBenét Ramsey, who was killed in her family's home in Boulder, Colorado, on 25 December 1996. Through interviews and reconstruction, the film explores the baffling evidence and the suspicion that surrounded the Ramsey family.

His & Hers

Thursday 8 January

Mystery thriller. Former newscaster Anna Andrews (Tessa Thompson) lives a reclusive life until she hears about a murder in her home town of Dahlonega, Georgia, and decides to return to work as a field reporter to cover the crime. But her estranged husband, detective Jack Harper (Jon Bernthal), who is on the investigating team, becomes suspicious of Anna's connection to the case. See feature, page 16.

Girl Taken

Thursday 8 January

Thriller centring on twin sisters Lily and Abby (Tallulah and Delphi Evans), whose lives are shattered when Lily is abducted by local teacher Rick (Alfie Allen). After years of being abused in captivity, Lily escapes. But as she and Abby – together with their mother Eve (Jill Halfpenny) – try to move on, the frightening reality is that Rick is still out there. See feature, page 14.

Tehran

Friday 9 January

The third season of the tense Israeli espionage thriller. Niv Sultan reprises her role of Tamar Rabinyan, a Mossad agent operating undercover in Iran. After the events of the previous series, Tamar is alone and trapped in Iran with no one she can trust. Hugh Laurie joins the cast as Eric Peterson, a South African nuclear inspector who needs Tamar's help. See feature, page 16.

Beast Games

Wednesday 7 January

The second season of the competition series from YouTube creator Jimmy Donaldson, AKA MrBeast, who hosts. He has assembled 100 physically strong competitors and 100 smart minds for a Strong v Smart battle, with a $5 million prize at stake. As players go head-to-head, each challenge pushes the limits of human strength, intelligence and strategy.

The Ring

Friday 9 January

Dutch thriller from Walter Presents. When lawyer Anna impulsively steals a ring from her powerful client Simon, a hidden camera captures everything. Simon soon uses the footage to blackmail Anna, demanding sex in exchange for his silence. The situation is further complicated by the fact that Anna is in love with Max, a police officer with a keen instinct for lies.

A Thousand Blows

Friday 9 January

The second season of the historical drama from *Peaky Blinders* creator Steven Knight, set in the brutal world of illegal boxing in London's East End in the 1880s. One year on from the previous series, former bare-knuckle boxing champion Henry 'Sugar' Goodson (Stephen Graham) is drinking himself to death, while his rival Hezekiah Moscow (Malachi Kirby) is a shadow of the man he once was. See feature, p4.

Alpha Males

Friday 9 January

The fourth season of the Spanish comedy. The four male friends decide that the best way to deal with the dreaded midlife crisis is to face it together, so they rent an apartment as a refuge from divorce and the challenges of fatherhood, only to discover that living under one roof isn't as easy as they thought.

People We Meet on Vacation

Friday 9 January

One-off romantic comedy. Two unlikely best friends, free-spirited Poppy (*My Lady Jane*'s Emily Bader) and routine-loving Alex (*Billy the Kid*'s Tom Blyth), have gone on holiday together every summer for the past decade. Yet now the pair begin to wonder if their relationship could be more than platonic. See feature, page 17.

Jailbreak Affair: The Vicky White Story

Friday 9 January

One-off drama based on the true story of Vicky White (*St. Denis Medical*'s Wendi McLendon-Covey), a respected Alabama corrections officer, whose life unravels after she falls for inmate Casey White (Rossif Sutherland) and engineers his escape, leading to a nationwide manhunt.

My Life Is Murder

Monday 5 January

The fifth season of the Australian/New Zealand murder-mystery comedy drama starring Lucy Lawless as police detective turned private investigator Alexa Crowe. This time, a sun-drenched holiday in Fiji takes a dark turn when a familiar foe resurfaces. Alexa is also reunited with her former police partner Jesse (Craig Parker).

WORDS: JUDY EWENS. PHOTOS: ACORN TV, C4, PRIME VIDEO

Documentaries

Michael Portillo begins in Barcelona

Hidden treasures

Michael Portillo shares Spain's best-kept secrets...

NEW TRAVELOGUE

Spain with Michael Portillo

Thursday, 8pm, 5

Michael Portillo is uniquely qualified to go off the beaten tourist track in search of Spain's lesser-known treasures in 5's new travelogue. Not only was his father Spanish, but the former politician holds dual citizenship and speaks the language fluently.

In the opening episode, the presenter explores Barcelona, a seemingly contradictory choice, until he reveals that the Catalan capital is home to a wealth of hidden gems…

LOCAL WONDERS

'With around 15 million visitors crowding its tourist hotspots each year, many would consider Barcelona to be Spain's worst-kept secret,' says Portillo. 'But I'm going to show viewers a rarely visited face of the city, away from the souvenir shops and tour guides.'

While other visitors to the city queue to see famous landmarks including the iconic Sagrada Família church created by Antoni Gaudí, Portillo heads to Casa Vicens situated in the quiet Gràcia district, where he gets a guided tour of one of the renowned architect's first major commissions. He then samples the city's vibrant vermouth

Rick Stein's Australia

Tue, 7pm, BBC2 (box set, BBC iPlayer)

Chef Rick Stein (above) takes a 5,000km road trip around Australia, starting in Sydney, where he reveals why the city is one of the world's culinary hotspots. Later in the six-part run, Stein travels to the Riverina area, which has been transformed from a barren region into a 'food bowl' of vineyards, olive groves and almond orchards.

Can You Make £10K in 10 Days?

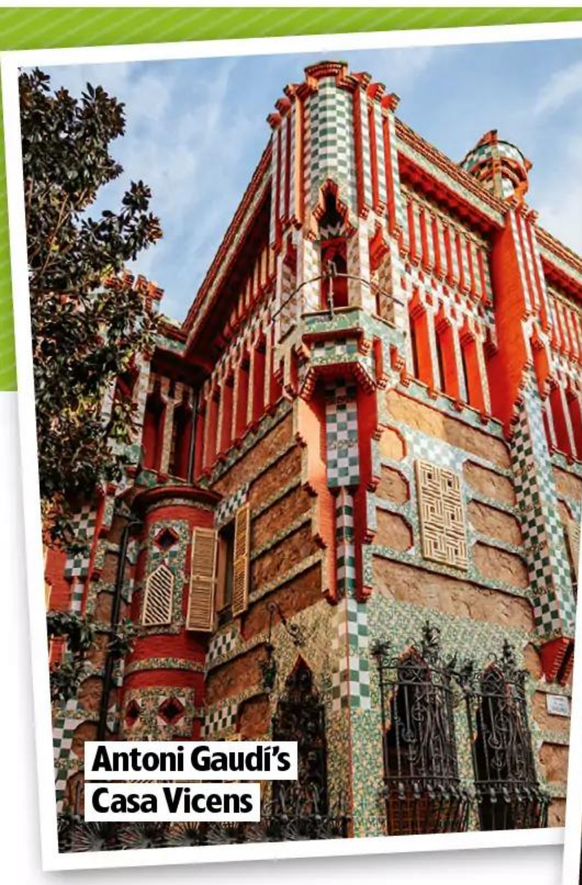
Friday, 8pm, C4

With research showing that nearly half of Brits earn extra cash from side hustles, Scarlett Moffatt (right) investigates whether any of these moneymaking ideas are viable streams of extra income. She'll be trying out and rating a range of gigs – from selling crafts and pre-loved products to drop-shipping and printing on demand.

Celebrity SAS: Who Dares Wins

Sunday & Monday, 9pm, C4

As the brutal endurance show returns, 14 famous faces from the UK and Australia are pitted against each other in North Africa. The British team includes *Love Island*'s Dani Dyer (above, right). First up, the teams are lowered 260ft into a sinking plane fuselage, from which they must escape.



Antoni Gaudí's Casa Vicens

Working on an espadrille

culture before joining partying locals at the Festa Major, where he's persuaded to take part in a human tower.

'Casa Vicens is an exceptional and breathtaking example of Gaudí's work that few people visit,' explains Portillo, 72, who shares top tips throughout the programme. 'The annual Festa Major is one of hundreds of festivals that punctuate the calendar throughout Spain. I recommend searching them out.'

Also on his itinerary is a shoe shop that supplied artist Salvador Dalí and Pope John Paul II with handmade espadrilles, and a Catalonian food market bursting with traditional dishes, including tripe stew.

'I first visited Barcelona completely by accident,' recalls Portillo. 'When I was 10 years old, I travelled to Spain unaccompanied to stay with a family friend. On my return, my flight to Madrid was cancelled, so they sent me to Barcelona. I was brought to the Ritz, where I had an en-suite bathroom, my own telephone and dined in the hotel restaurant. It left me with a great anecdote and a taste for the high life!'

'Beyond the hotspots is where the magic is made'
MICHAEL PORTILLO

Future outings in the eight-part series follow the seasoned traveller as he visits Asturias, Bilbao, Ibiza, Almería, Majorca and Valencia, giving a fresh perspective on each destination.

'If you leave the tourist trail behind and come with an open mind, you'll experience the essence of Spain and meet the people who make it special,' says Portillo. 'Beyond the hotspots is where the magic is made.'

Bowie: The Final Act

Saturday, 10pm, C4

Ten years after the death of David Bowie (above), this feature-length documentary looks back at how the music icon overcame his 'wilderness years' in the 1990s and proved his critics wrong by conquering Glastonbury's Pyramid Stage in 2000 and releasing acclaimed album *Blackstar* just days before his passing in 2016.

The Million Pound Shaman Scam

Sun, 9pm, BBC2 (box set, BBC iPlayer)

In a two-part series, investigative journalist Tim Rayment reports on a bizarre scam that saw London fraudster Juliette D'Souza masquerading as a shaman faith healer, tricking people into paying her thousands of pounds to solve their problems by performing sacred rituals in the Amazon rainforest.

Historian Lucy Worsley

River of BLOOD

Lucy Worsley investigates the 19th-century Thames Torso Murders

NEW **HISTORY**

Lucy Worsley's Victorian Murder Club

Mon, 9pm, BBC2 (box set, iPlayer)

Following her true-crime programme about Jack the Ripper, historian Lucy Worsley turns her attention to another serial killer who was terrorising Victorian London at the same time.

'I really enjoyed my Jack the Ripper investigation,' says the 52-year-old. 'But a lot of people won't know about another serial killer who was operating in the same period and in the same city.'

Between 1873 and 1902, London was rocked by the so-called Thames Torso Murders, a series of grisly crimes for which no one was ever brought to justice.

GRUESOME MYSTERY

'This forgotten serial killer may have murdered as many as five women in 19th-century London,' explains Worsley. 'His hallmark was to dismember the bodies of his victims and scatter the body parts up and down the River Thames.'

Assembling her very own murder club of experts, Worsley takes a deep dive into the case files in a bid to finally solve the mystery and unmask the killer, while also shedding light on the social history – from striking dockers to stringent new laws targeting sex workers – that was the backdrop to the notorious crimes.

BUILDING A PROFILE

'I consulted professionals from the fields of pathology and psychology, and independent researchers with their own theories on the case, and I hand-picked a team of writers and historians to help me navigate Victorian London,' she reveals. 'We scoured the surviving police case files and original records, checking leads that were followed, and discovering ones that were missed.'

Painstakingly putting together information about the victims and building a detailed profile of the killer, the team cast a close eye over a range of suspects, including a horse slaughterer, a violent Thames waterman and a Polish immigrant already known to be a killer.

'Together, we build a picture of the women who were killed,' says Worsley. 'And we'll finally unmask one of the 19th century's most brutal serial killers.'

From left: Nadifa Mohamed, Dr Kate Lister, Lucy Worsley and Dr Rose Wallis

WORDS: HANNAH DAVIES, NATASHA HOLT, TESS LAMACRAFT, IAN MACEWAN, ELAINE REILLY. PHOTOS: 5, ALAMY, BBC, C4, GETTY

Cynthia Erivo and **Ariana Grande** return for the spectacular, darker finale

MOVIE OF THE WEEK

WICKED *For Good*

PICTURES: SHUTTERSTOCK

WORDS: JASON BEST, NICK CANNON, NIGEL PIZEY

MUSICAL

Available now, buy or rent from digital stores including Prime Video and Sky Store

★★★★

Charismatic stars Cynthia Erivo and Ariana Grande continue to cast a potent spell in the second half of the blockbuster two-part film adaptation of the hit Broadway musical, but taken as a whole, *Wicked: For Good* doesn't have the same magic as its predecessor. In part, that's because Erivo and Grande's characters are largely kept apart by the story, which picks up where the first film ended with Erivo's outcast Elphaba unjustly demonised as the Wicked Witch of the West, while Grande's radiant Glinda assumes ever greater popularity in the land of Oz.

Although Glinda remains pretty in pink, things are much darker this time, as the animals of Oz are driven into exile or put to work building the Yellow Brick Road, leaving the hunted Elphaba ever more determined to expose Oz's supposedly benevolent Wizard (Jeff Goldblum) as a fraud. Elphaba's mission propels the plot, but it is Glinda who goes on the bigger emotional journey, from empty-headed vanity to genuine goodness — as captured in her big solo number *The Girl in the Bubble*.

None of the songs here is a match for *Defying Gravity*, Erivo's powerhouse turn in part one, but when Elphaba and Glinda get together in the film's title song, *For Good*, the pair's hard-won friendship really does tug our heartstrings.
From Friday 2 January. 2025, PG, 137MIN

STAR RATINGS ★★★★★ Excellent ★★★★ Very good ★★★ Good ★★ Average ★ Poor

More premieres and Day by Day planner>>>

week's Best Movies

CRIME DRAMA

All the Devils are Here

Sunday, 3.35pm & 2am, Sky Premiere ★★★★

After a heist goes awry, four criminals are sent to bunker up in a decrepit house out in the middle of nowhere, with express orders not to leave the place under any circumstances. Strangers to each other, old hand Eddie Marsan is the de facto man in charge, watching over psychotic hothead Sam Claflin, sleazy accountant Burn Gorman and naive young Tienne Simon. But as the days pass, the men start to crack, unable to put up with one another... A smart, well-written drama given additional welly by a fine cast that also includes Rory Kinnear, as the man who put this crew together, and a mysterious Suki Waterhouse, with sharp direction from Barnaby Roper. The finale may be a bit over the top, but ultimately this is a fun, devilish stopover. 2025, 15, 87MIN

Tied: Eddie, Tienne, Burn and Sam

HORROR

28 Years Later

Saturday, 10.20am & 8pm, Sky Premiere ★★★★

Almost a quarter of a century after 2002's startling post-apocalyptic horror thriller *28 Days Later*, director Danny Boyle and writer Alex Garland reunite for this terrific sequel. Ignoring the far weaker 2007 follow-up, *28 Weeks Later*, *Years* revolves around a 12-year-old boy named Spike (impressive newcomer Alfie Williams) who lives in feudal isolation with his steely father (Aaron Taylor-Johnson) and ailing mother (Jodie Comer) among a community on an island off the north-east coast of England. After encountering the infected on a terrifying expedition with his father to the mainland, he learns of the existence there of a doctor (Ralph Fiennes). Could this man cure his mother of her mysterious illness? *28 Years Later* delivers heart-stopping scenes of action and suspense, richly resonant ideas and some truly superb acting. Playing from 1 Jan. 2025, 15, 115MIN

Fight or flight: Jodie, Aaron and Ralph, with Alfie above

Bloodied: Cassandra

THRILLER

Influencers

Available now, Shudder ★★★★

The brilliantly cunning CW is back, played once again by the excellent Cassandra Naud. Last seen stranded on an uninhabited island at the end of *Influencer*, this time she's the hunted, as Madison (Emily Tennant), the social media personality CW framed for a host of murders, turns internet sleuth to find the woman who destroyed her life. There's a strong whiff of *The Talented Mr Ripley* about proceedings, as CW manipulates her way all those around her, from France to Indonesia, as the net slowly tightens. A tense treat, it makes for some wonderful wickedness. 2025, 15, 110MIN

Surrounded: Tim, Kôki and Jack

HISTORICAL ACTION

Tornado

Available now, Prime Video ★★★

Set in the Scottish Highlands of the 1790s, this unusual action thriller grabs your attention from the start. A young Japanese woman is fleeing from a remorseless outlaw mob across a desolate landscape. The eponymous Tornado, a feisty teenager (actor-musician Kôki) who helps her father (Takehiro Hira) run a puppet show, has made off with gold stolen by the gang, who are led by the malevolent Sugarman (Tim Roth) and his watchful son (Jack Lowden). A strange mix of out-of-place western and samurai films, the film's superb cinematography and frequently startling action make it well worth a watch. 2025, 15, 91MIN

Films

Justice for all: Rami, Russell, Michael and Leo

HISTORICAL

Nuremberg

Friday, 12.20pm & 8pm, Sky Premiere ★★★★★

Russell Crowe delivers a mesmerising and commanding performance as Hermann Göring, the fanatical Nazi leader who became Hitler's second-in-command during World War Two and was put on trial by the Allies at Nuremberg in 1946. The actor captures the Reichsmarschall's arrogance and self-importance with unnerving precision. What the film does particularly well, however, is show how the architects of the Nazi terror were, beneath the uniforms and rhetoric, disturbingly ordinary men. Their evil thrived because it was underestimated, ignored or allowed to grow in a society already primed with prejudice.

Rami Malek is superb as Dr Douglas Kelley, the psychiatrist determined to understand Göring's psychology, only to find their relationship destabilises his own mind. Leo Woodall brings some quiet intensity as American translator Howie Wiest, who is also struggling to make sense of the monstrous man he sees in jail every day. Michael Shannon and Richard E Grant add gravitas as the American and British prosecutors Robert H Jackson and David Maxwell Fyfe, whose courtroom clashes with Göring provide some of the film's most gripping and memorable moments.

Overall, this is a powerful and unsettling movie anchored by Crowe's extraordinary performance. 2025, 15, 115MIN

Hidden gems Great movies you might have missed...

HORROR

30 Days of Night

Prime Video ★★★★

For 30 days a year there's no daylight in the remote Alaskan town of Barrow. Ideal conditions, then, for Danny Huston's feral, bloodthirsty vampires to run amok... Intrepid sheriff Josh Hartnett and his estranged wife Melissa George try to ensure the monsters don't have things all their own way, while creepy Ben Foster's mysterious stranger is also hanging around in this astonishing-looking, imaginatively grisly horror. 2007, 18, 108MIN

ROMANTIC COMEDY

Plus One

Prime Video ★★★★

Faced with a summer full of weddings, single friends Maya Erskine and Jack Quaid decide to join forces to survive the ordeal of seemingly never-ending nuptials. The wedding romcom is a well-worn genre, but it comes up fresh here thanks to the stars' genuine funny bones. The movie has great fun with the weddings themselves (particularly the toasts), but it also makes us care that Maya and Jack will ultimately get together. 2019, 15, 99MIN

MYSTERY THRILLER

The Secret in Their Eyes

BFI Player ★★★★

The winner of a Best Foreign Film Oscar, this Argentinian thriller stars Ricardo Darín as a Buenos Aires investigator who clashes with a corrupt legal system when he tries to solve the rape and murder of a young schoolteacher in 1974. Twenty-five years later, haunted by the crime and in love with the judge who aided him, he decides to re-open the case... The mystery is intriguing and the hunt for the killer is genuinely gripping. Subtitled. 2009, 18, 129MIN

Films Weekend movies

Saturday 3 January

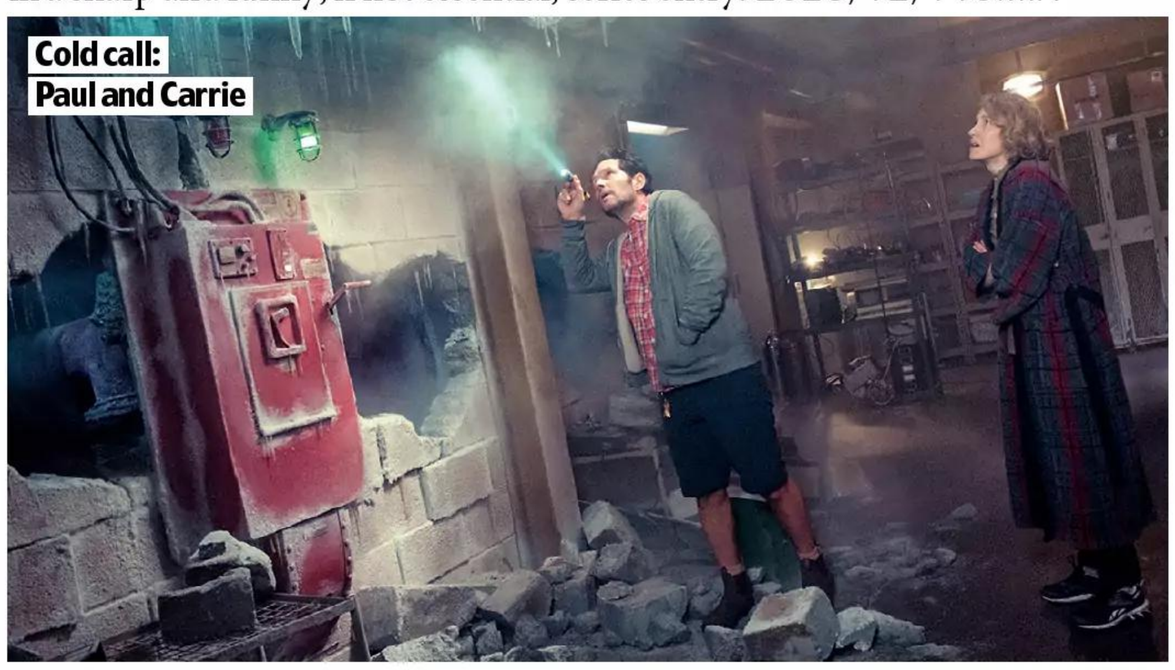
SCI-FI COMEDY

Ghostbusters: Frozen Empire

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

In this sequel to 2021's *Afterlife*, Callie (Carrie Coon), Gary (Paul Rudd), Trevor (Finn Wolfhard) and Phoebe (Mckenna Grace) are keeping a lid on New York's ghosts. But problems arise when their firehouse ghost unit goes on the blink and a strange orb comes into the hands of Dan Aykroyd's Ray; turns out it contains an all-powerful evil spirit that turns things to ice… There's way too much crammed into the running time and an unwieldy line-up of stars, including Kumail Nanjiani and James Acaster, but the familiar faces (including Ernie Hudson and William Atherton) are pleasing in a sharp and funny, if not essential, series entry. 2023, 12, 115MIN



Cold call: Paul and Carrie

WAR DRAMA

The Eagle Has Landed

3.20pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

A group of Nazis plot to kidnap Winston Churchill in this enjoyable adaptation of Jack Higgins' novel. Disguised as Polish troops and led by Michael Caine, the officers land in a quiet Norfolk village. Helped by Donald Sutherland's IRA man, and hindered by local woman Jenny Agutter, things go wrong when hapless American officer Larry Hagman, who is stationed nearby, stumbles upon the plan. Jean Marsh and John Standing lend quality support and, while history tells us the Nazis do not succeed, this is still an entertaining slice of suspense. 1976, 15, 117MIN

ACTION

Top Gun

11.15pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

The searing aerial action, Tom Cruise's charisma and an Oscar-winning song took filmgoers by storm in this thunderous adventure. Cruise became a megastar as a maverick fighter pilot at the US Navy's elite air combat training school, who bucks authority and proves he's the best to claim the glory and the girl (Kelly McGillis). Val Kilmer and Anthony Edwards provide good back-up as 'Iceman' and 'Goose'. The US Navy, who had script approval, allowed extensive filming at the real Top Gun school and their F-14 Tomcats prove to be true stars. 1986, 12, 110MIN

COMEDY

Bridesmaids

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hysterically funny and heartfelt, this comedy shows that women can do gross-out comedy. Co-writer Kristen Wiig also stars as a singleton who goes into a neurotic tailspin when she agrees to be maid of honour at the wedding of her best friend (Maya Rudolph). As she tries to outclass rich bridesmaid Rose Byrne, the farcical and disastrous incidents multiply. Chris O'Dowd, as a traffic cop, and Matt Lucas, as Wiig's flatmate, are great in support and film-stealing Melissa McCarthy hits the comic bullseye as another of Rudolph's bridesmaids. 2011, 15, 125MIN

DOCUMENTARY

Moonage Daydream

12m't, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Part concert movie, part psychedelic art installation, part elliptical account of the major stages in singer David Bowie's artistic evolution, director Brett Morgen's documentary defies convention to create something thrillingly unique. Reportedly assembled using some five million pieces from the Bowie archives, and in the works for half a decade, it chooses its focus points smartly, ensuring there's something for Bowie fanatics as well as (absolute) beginners. 2022, 15, 135MIN

Full listings start on p35

Sunday 4 January

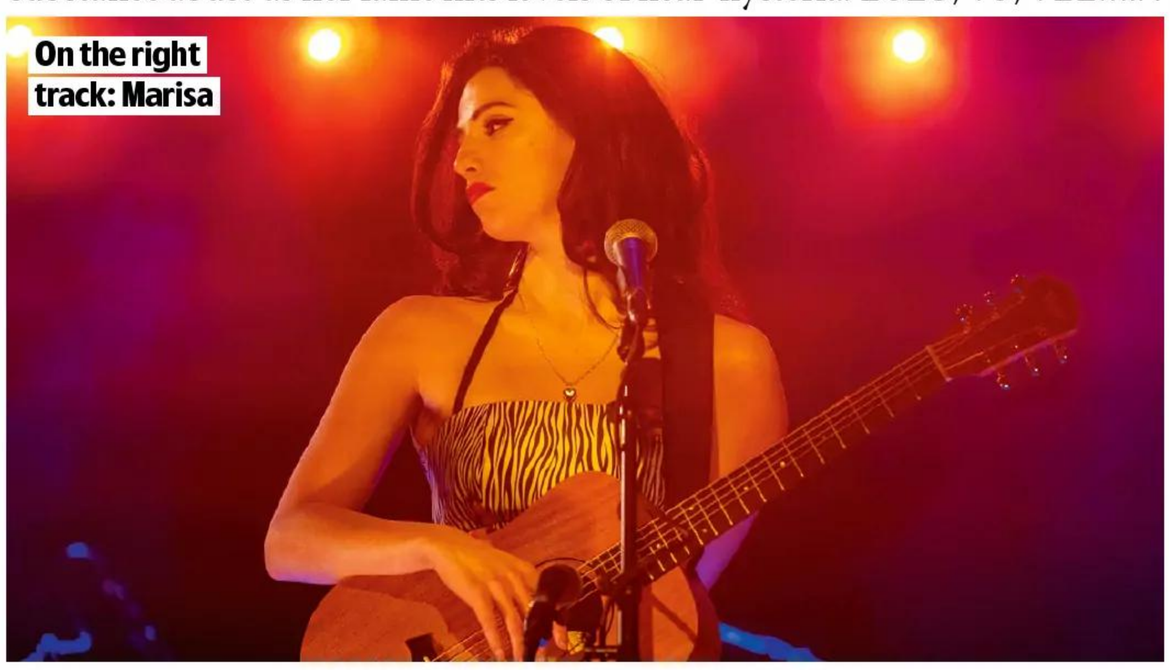
BIOPIC

Back to Black

10pm, BBC2/from New Year's Day, Studiocanal Presents ★★★

Sex ●●● Violence ●●● Language ●●●

Marisa Abela gives a superb performance as Amy Winehouse in Sam Taylor-Johnson's biopic. 'I want to be remembered for being a singer,' declares Amy – and the director duly holds back on the grimier aspects of her life (she died in 2011 aged just 27) to celebrate her work from debut album *Frank* to hugely successful follow-up *Back to Black*. As such, the film lacks emotional impact, but is enlivened no end by Abela who brings her songs to life. It works best as a love story between Amy and Blake Fielder-Civil (a cocksure Jack O'Connell), who marry and sink in a haze of substance abuse as her fame hits levels of near-hysteria. 2023, 15, 122MIN



On the right track: Marisa

ACTION

The Beekeeper

10.45am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Requisite hard-nut star Jason Statham does what he does best as seemingly tranquil beekeeper Adam Clay. But (of course) he has a shadowy past and a particular set of skills that are called into action when his nice boss and friend (Phylicia Rashad) falls victim to a nasty computer scam headed by Josh Hutcherson's rich-guy boss. Director David Ayer's throwback to 1980s action thrillers is hardly ground-breaking, but the exciting, hard-hitting action is well handled and what starts off as a roaring rampage of personal revenge grows in scope. 2023, 15, 105MIN

DRAMA

Chariots of Fire

1.55pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Winner of four Oscars, this stirring British film – about the battle between two Olympic runners, Ian Liddell (Ian Charleson) and Harold Abrahams (Ben Cross), from different social and ethnic backgrounds in 1924 – hit a box-office bullseye. John Gielgud and Lindsay Anderson have wonderful cameos as Cambridge officials, but it is Ian Holm, as a coach, who gives the most pleasing performance. If you look in the crowd scenes, you may be able to spot Ruby Wax, Kenneth Branagh and Stephen Fry among the extras. 1981, U, 120MIN

CLASSIC WESTERN

The Searchers

3.55pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

John Wayne's Ethan Edwards and his adopted nephew (Jeffrey Hunter) go in search of his niece (Natalie Wood) who has been kidnapped by Comanches. However, when they discover she has become a Comanche, it's possible that racist Edwards may kill rather than rescue her… One of the greatest ever westerns, this balances a realistic sense of the hardship of frontier life with moments of humour. Wayne gives a career-best performance, while Wood and Hunter are also excellent – and director John Ford's landscapes look magnificent. 1956, U, 114MIN

ANIMATION

The Super Mario Bros Movie

4.50pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

This outing for the videogame brothers has Mario (voiced by Chris Pratt) and Luigi (Charlie Day) as down-on-their-luck Brooklyn plumbers. They seize the chance to become heroes when a water main bursts, but are split up and spat out by a magical pipe into a mysterious kingdom. So Mario sets off to save Luigi, meeting familiar faces on the way. The trim running time means it's underdeveloped at times, but it's zippy and entertaining. 2022, PG, 92MIN

Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 5 January

ADVENTURE

The Dive

9pm, Film4 ★★★

Sex ●○○ Violence ●○○ Language ●●○

During a diving holiday two sisters are plunged into dire peril. May (Louisa Krause) becomes trapped underwater by a rock fall, leaving her less-experienced sibling, Drew (Sophie Lowe), to return to the surface and devise a way of freeing her before her oxygen runs out. A laudably padding-free remake of 2020 Swedish film *Breaking Surface*, director and co-writer Maximilian Erlenwein's film is nail-biting enough in the moment, if a little too simplistic to be truly breathtaking. 2023, 15, 91MIN

CLASSIC DRAMA

Cool Hand Luke

10.20pm, Sky Drama ★★★★★

Sex ○○○ Violence ●○○ Language ○○○

Paul Newman is, as the title suggests, the very epitome of coolness as Luke Jackson, a charismatic wiseguy sentenced to two years on a brutal Southern chain gang for drunkenly beheading parking meters. This is a film for which everyone has their favourite scene – from the infamous car wash sequence to the ghastly egg-eating contest. One of the great Hollywood prison movies. 1967, 15, 126MIN

SUPERHERO

Birds of Prey

12.25am, Sky Action ★★★★

Sex ●●○ Violence ●●● Language ●●●

This fantasy picks up the story of Harley Quinn (Margot Robbie) after 2016's *Suicide Squad*. There are a lot of colourful characters to juggle and the film hurtles along at breakneck pace as a bunch of criminals look for payback now she's uncoupled from the Joker. Robbie is a zany delight and, as she gathers a new gang, she gets great support from Mary Elizabeth Winstead, Jurnee Smollett, Rosie Perez and Ella Jay Basco. 2020, 15, 109MIN

FANTASY

The Hunger Games

10.40pm, BBC1 (11.35pm Wales) ★★★★

Sex ○○○ Violence ●●○ Language ○○○

Author Suzanne Collins' plucky and resourceful Katniss Everdeen (Jennifer Lawrence, excellent) lives in a nightmarish future America where 24 youngsters fight to the death in a contest that combines reality TV with the gladiatorial games of ancient Rome. The plot is familiar, but it is thrilling and involving, while the setting is vividly realised. The first sequel, *Catching Fire*, is on BBC1 on Thu. 2012, 12, 142MIN

MUSICAL COMEDY

The Blues Brothers

12.45am, Sky Cinema Comedy ★★★★★

Sex ○○○ Violence ●○○ Language ●●○

Brothers John Belushi and Dan Aykroyd set out to save their childhood orphanage from closure by re-forming their old R&B band in this classic comedy. The movie careers from one show-stopping musical number to the next, featuring greats such as Aretha Franklin, James Brown, Ray Charles, Cab Calloway and John Lee Hooker. 1980, 15, 135MIN

■ Full listings start on **p55**

Tuesday 6 January

COMEDY HORROR

Lisa Frankenstein

From Saturday, Netflix ★★★

Sex ●○○ Violence ●●○ Language ●●○

It's 1989 and Lisa (Kathryn Newton) is a high-schooler who lives with her father (Joe Chrest), stepmother (Carla Gugino) and stepsister (Liza Soberano), yet prefers to hang out at the local cemetery among the tombstones. Then she falls for a corpse (Cole Sprouse) that's come back to life. He doesn't speak and cries tears that smell like vomit. But, hiding him at home in her closet, Lisa is smitten… Although the film is less engaging as it becomes more violent, it is a slick, sick ride with lots of appeal. 2024, 15, 101MIN

ADVENTURE

William Tell

9.10am, Sky Action ★★★

Sex ●●○ Violence ●●● Language ●○○

Claes Bang plays legendary 14th-century Swiss folk hero William Tell, who inspires his countrymen (and here, significantly, women) to rebel against the dastardly Austrians occupying their land by shooting an arrow into an apple placed atop his son's head. Drawing upon the 1804 play, plus the odd bit of Shakespeare and a dollop of *Braveheart*-style bluster, the script is patchy, but the battle scenes are rousing. 2025, 15, 133MIN

HORROR SATIRE

Get Out

4.10pm, Sky Sci-Fi/Horror ★★★★★

Sex ○○○ Violence ●●○ Language ●●●

Daniel Kaluuya's African-American photographer is edgy about meeting white girlfriend Allison Williams' parents (Bradley Whitford and Catherine Keener) at their country home. With good reason, it turns out... A terrific feature debut from writer-director Jordan Peele, this provocative, deeply creepy film pushes racially sensitive buttons with fiendish skill and darkly comic wit. 2017, 15, 104MIN

THRILLER

Collateral

4pm, Sky Thriller ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Tom Cruise is on awesome form as a hitman who hails Jamie Foxx's LA cab and forces him to drive him on a night of killing. Writer-director Michael Mann's thriller is mesmerisingly mean and moody. Cruise and Foxx are perfect, the scenes involving loveless lawyer Jada Pinkett Smith and Irma P Hall, as Foxx's hospitalised mother, add a welcome note of humour and night-time LA has rarely been depicted with such sordid beauty. 2004, 15, 120MIN

BIOPIC

Priscilla

11pm, BBC2 (not NI) ★★★

Sex ●●○ Violence ●●○ Language ●●○

Sofia Coppola adapts Priscilla Presley's *Elvis and Me*, the autobiography that recounts the infatuation, romance and disillusion of her years with the King. It kicks off with 14-year-old Priscilla (Cailee Spaeny) unhappy on a US Army base in 1959 Germany – but sparks fly with the 24-year-old Presley (Jacob Elodi). The stars give lovely turns in a beguiling but muted movie. 2023, 15, 113MIN

■ Full listings start on **p65**

Wednesday

BIOPIC

Eddie the Eagle

12.10am, BBC1 (12.40am Scot, not Northern Ireland) ★★★

Sex ○○○ Violence ○○○ Language ○○○

Underdog hero of 1988's Calgary Winter Olympics, British ski jumper Eddie 'The Eagle' Edwards remains an endearing figure. Giving his story a perky fictional gloss, director Dexter Fletcher charts the plucky

DRAMA

Lion

6.40pm, Film4 ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Based on an extraordinary true story, this drama sends your mind reeling. In 1986 India, a boy falls asleep on a train and ends up hundreds of miles away in Calcutta, with no idea where he's from. After some harrowing scrapes, he's adopted by Nicole Kidman and David Wenham's saintly Australian couple and grows up into Dev Patel. Then the taste of an Indian sweet triggers a remarkable, needle-in-a-haystack search for his home village. 2016, PG, 118MIN

THRILLER

L.A. Confidential

9pm, Film4 ★★★★★

Sex ●○○ Violence ●●● Language ●○○

Set in a sleazy LA in the 1950s, this homage to old-style Hollywood police stories oozes style. Russell Crowe, Guy Pearce and Kevin Spacey are very different detectives playing key roles in a complicated tale, based on James Ellroy's crime novel, that takes in corruption and murder. It's expertly directed by Curtis Hanson and the acting is superb, with Kim Basinger winning an Oscar as a film-star lookalike hooker who falls for Crowe. 1997, 18, 138MIN

7 January

Cheltenham plasterer's journey. Taron Egerton is delightful as Eddie, while Hugh Jackman is also ideal as his gruff coach. While his exploits are mainly played for laughs, when he launches himself down the ramp it is heart-grabbing, reminding us of the very real grit and guts it took for Eddie to make his mark as a hapless loser. 2016, PG, 106MIN

SCI-FI ACTION

The Matrix: Resurrections

10.10pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

This fourth film gets off to a great start with a re-creation of the 1999 original, but something is off... As you puzzle over what's going on, impressive newcomers Jessica Henwick and Yahya Adbul-Mateen II help steer the story, along with, of course, Keanu Reeves and Carrie-Anne Moss, whose chemistry is still electric. This tests the patience, but there's something decent here, so just let yourself enjoy a thrilling ride. 2021, 15, 148MIN

SUPERHERO

Batman

10.30pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Tim Burton's sombre take on the comic-book hero sees Michael Keaton making an effective Caper Crusader, while Jack Nicholson inevitably steals the film with his over-the-top Joker. The gothic sets and Prince's music create the ideal atmosphere, while Kim Basinger's Vicki Vale and Michael Gough's Alfred are great assets – as is the impressive Batmobile. 1989, 15, 126MIN

■ Full listings start on **p75**

Thursday 8 January

DRAMA

Tár

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Incendiary on stage, renowned conductor Lydia Tár (Cate Blanchett) is predatory, provocative and abrasive off it. As she preps for a performance in Berlin, rumours of impropriety (sexual, political and professional) dog her while she wrestles with pretenders to her throne (Mark Strong, excellent), social media and her fascination with cellist Sophie Kauer, despite being in a relationship with violinist Nina Hoss. Blanchett is awesome in a film that asks pertinent questions about cancel culture, artistic integrity and gender. 2022, 15, 158MIN

COMEDY

Instant Family

6.45pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Mark Wahlberg and Rose Byrne deliver a winning mix of heart and humour in this comedy about a couple who foster three siblings (Isabela Moner, Gustavo Quiroz and Julianna Gamiz). Though Wahlberg and Byrne are out of their depth, their efforts to cope prove both funny and heartwarming. And the fact that the film is inspired by real events from the life of writer-director Sean Anders only makes it more touching. 2018, 12, 118MIN

CLASSIC

A Clockwork Orange

10pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Malcolm McDowell's violent teen gang runs amok, but his sadistic nature changes radically after he's brainwashed. The most controversial film of the 1970s acquired great mystique when it was banned in Britain by its director Stanley Kubrick. McDowell, with his unrestrained exuberance, dominates the film, while his victims are just stereotypes to be mocked and knocked down. Expertly filmed, acted and scored, it still makes an impact. 1971, 18, 136MIN

COMEDY HORROR

The Frighteners

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

A serial killer (Jake Busey) comes back from the dead and only psychic investigator Michael J Fox (who really can see dead people) can stop him. Director Peter Jackson's scattershot horror comedy is a mess, but the gags hit the mark and there are funny turns from John Astin (Gomez in TV's *The Addams Family*) as a decrepit old spirit and R Lee Ermey, sending up his *Full Metal Jacket* role as a ghostly drill sergeant. 1996, 15, 110MIN

THRILLER

Monkey Man

3.05am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

When we first see Dev Patel (who also directs and co-writes) he is in a monkey mask, being battered in an underground fight ring. He's also reeling from childhood memories of his mother's death and a corrupt system. So now he embarks on a vengeful rampage. Patel borrows from other action films, but gives things a cultural twist to make it fresh. The result is a knock-out. 2024, 18, 121MIN

■ Full listings start on **p85**

Friday 9 January

COMEDY DRAMA

The Old Oak

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In one of his most generous, humble films, director Ken Loach takes aim at uncaring politicians. Dave Turner stars as TJ Ballantyne, the owner of the dilapidated titular pub in a northeast former mining community. He decides he won't let the embittered locals' racist chatter about refugees brew, especially when he meets Syrian Yara (Ebla Mari), so resolves to help feed the community. 'This is solidarity, it's not charity,' he says, a phrase that resonates through both this film and much of Loach's work. 2023, 15, 113MIN

ACTION

Unleashed

9pm, GREAT! Action ★★★

Sex ●●● Violence ●●● Language ●●●

Martial-arts star Jet Li plays orphan Danny, who has been kept caged and treated like a dog by Glasgow mobster Bob Hoskins. Danny's job is to maim or kill debtors who won't pay up, but he finds his softer side when he manages to escape his master and is taken in by a blind piano tuner (Morgan Freeman) and his daughter (Kerry Condon). A briskly efficient thriller that shows off Li's acting chops as well as his fighting skills. 2005, 18, 102MIN

COMEDY HORROR

Shaun of the Dead

10.45pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

It may be a one-joke movie, but this hysterical spoof of the 1978 classic *Dawn of the Dead* keeps both the gore and the laughs flowing freely. Zombies are on the march in London, so unlikely heroes Shaun (Simon Pegg, who also co-wrote the script with director Edgar Wright) and pal Ed (Nick Frost) lead a rescue party to find safety at the local pub. The film revels in its sheer goofiness, yet also has moments that verge on the sublime. 2004, 15, 99MIN

COMEDY

Superbad

11.30pm, BBC1 (12m't N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Cera and Jonah Hill are high school nerds who finally get invited to a party after agreeing to supply the illicit alcohol. Naturally, the road to underage drinking is lined with comic potholes. Cera and Hill are a joy, but have big-time competition from Christopher Mintz-Plasse as 'McLovin', plus Seth Rogen (who also wrote the script) and Bill Hader as awful cops. A side-splittingly hysterical joy. 2007, 15, 113MIN

COMEDY DRAMA

In Bruges

1am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

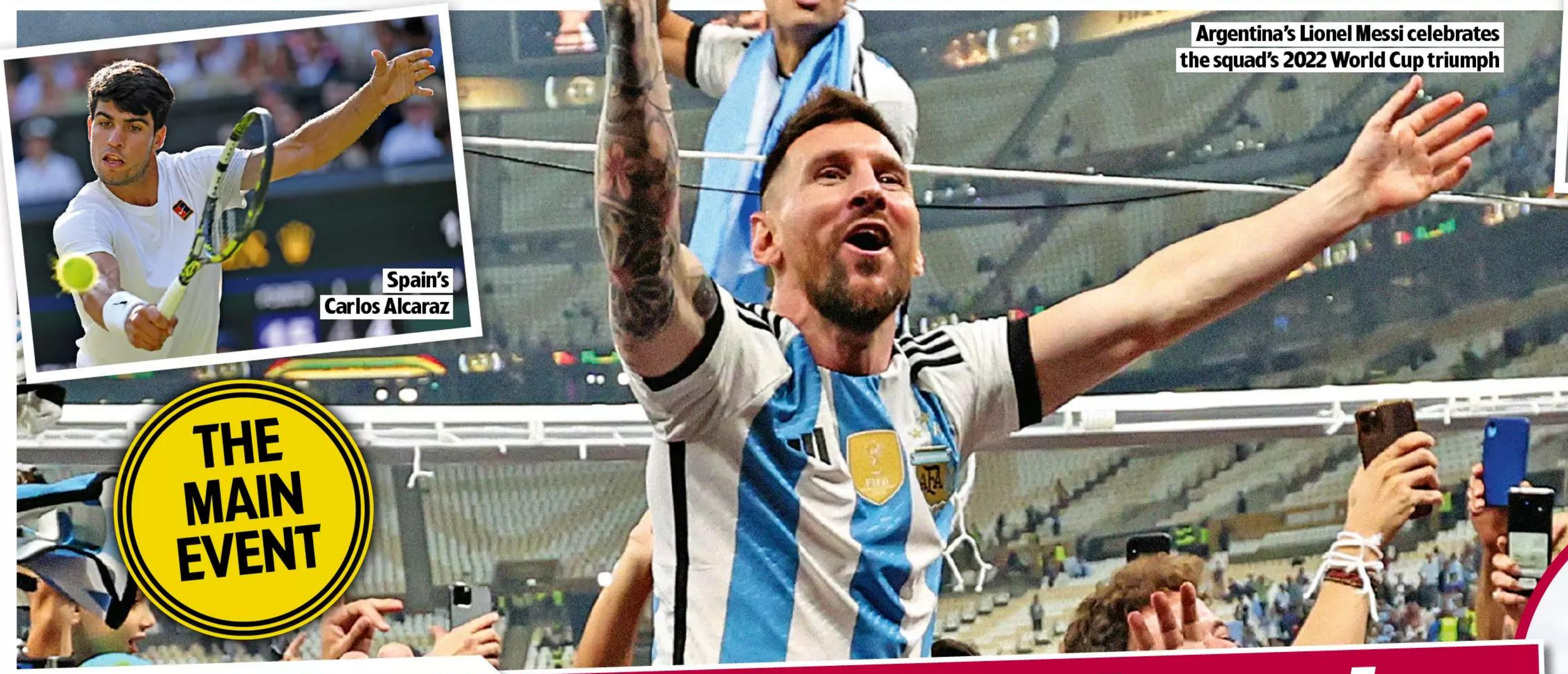
Following a botched job, mismatched Irish hit men, stroppy Ray (Colin Farrell) and cultivated Ken (Brendan Gleeson), are sent by their London mobster boss (Ralph Fiennes) to hide out in Bruges, Belgium. Writer-director Martin McDonagh's first movie is witty and clever, with the intricate verbal interplay between the brilliant stars a foul-mouthed thing of beauty. 2007, 18, 107MIN

■ Full listings start on **p95**

Sport week

Your **ultimate gu** the of the week's live action

Spain's Carlos Alcaraz



Argentina's Lionel Messi celebrates the squad's 2022 World Cup triumph

THE MAIN EVENT

2026 sport calendar

Unmissable dates for your diary – from the Winter Olympics to the World Cup

Team GB's Keely Hodgkinson

JANUARY

11-18 Snooker The Masters
12 Tennis Australian Open (until 1 Feb)
22 Cricket Sri Lanka v England: ODI & T20 series (until 3 Feb)

FEBRUARY

5 Darts Premier League (until 28 May)
5 Rugby union Men's Six Nations (until 14 March)
6-22 Winter sports Winter Olympics
7 Cricket Men's T20 World Cup (until 8 March)
8 American football Super Bowl LX
12 Rugby league Super League starts (Grand Final on 3 October)

MARCH

1 Motorcycling MotoGP season starts (until 22 Nov)
6-15 Winter sports Winter Paralympics
6-8 Formula 1 Season starts (until 6 December)
10-13 Horse racing Cheltenham Festival
20-22 Athletics World Indoor Championships
22 Football EFL Cup final
26-31 Football World Cup play-offs

Arsenal's Chloe Kelly

APRIL

4 Rowing The Boat Race
9-12 Golf The Masters
11 Horse racing Grand National
11 Rugby union Women's Six Nations (until 17 May)
18 Snooker World Championship (until 4 May)
26 Athletics London Marathon

MAY

8 Athletics Diamond League starts (until 5 Sept)
8-31 Cycling Giro d'Italia
14-17 Golf PGA Championship
16 Football FA Cup final
17 Football Women's Super League final day
18 Tennis French Open (until 7 June)
23 Rugby union European Champions Cup final
23 Football Scottish Cup final
24 Football Premier League final day
27 Football UEFA Conference League final
30 Football Champions League final
30 Rugby league Challenge Cup finals
31 Football Women's FA Cup final
TBA Football Women's Champions League final

JUNE

4-29 Cricket England v New Zealand: Test series
6 Horse racing The Derby
11 Football World Cup finals (until 19 July)
12 Cricket Women's T20 World Cup (until 5 July)
16-20 Horse racing Royal Ascot
18-21 Golf US Open
20 Rugby union The Prem final
29 Tennis Wimbledon (until 12 July)

JULY

1-19 Cricket England v India: T20 & ODI series
4-26 Cycling Tour de France
5 Formula 1 British Grand Prix
16-19 Golf Open Championship
18 Athletics Diamond League London
23 Multi-sports Commonwealth Games (until 2 August)
30 Golf Women's Open Championship (until 2 August)
TBA Cricket The Hundred starts

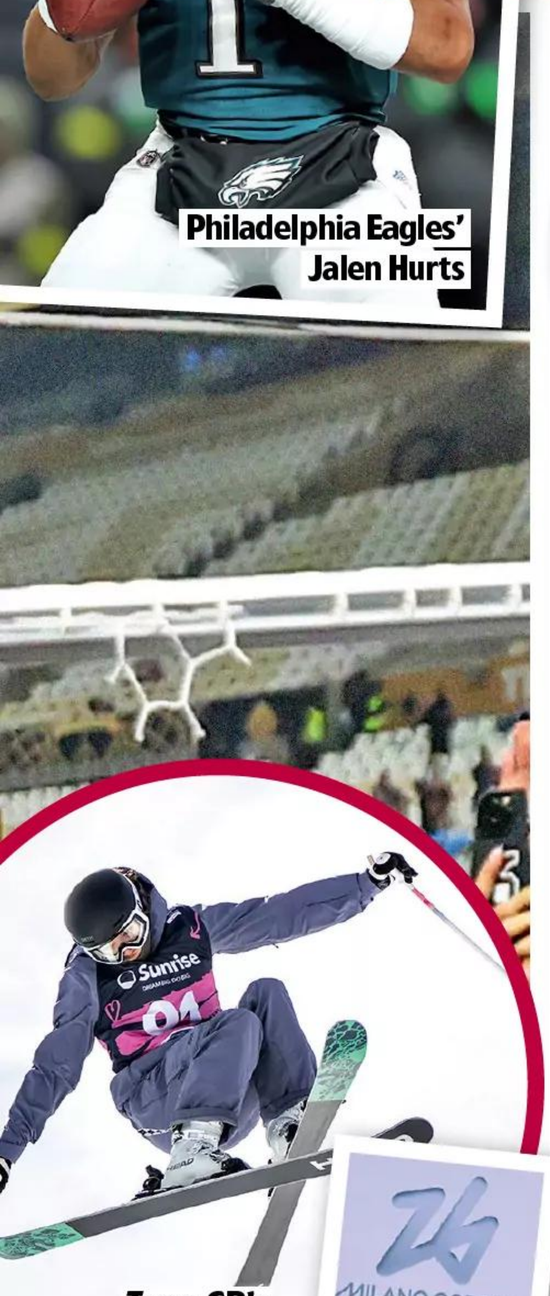
AUGUST

1-9 Cycling Women's Tour de France
10-16 Athletics European Championships
19 Cricket England v Pakistan: Test series starts
22 Cycling Vuelta a España (until 13 September)
30 Tennis US Open (until 13 September)

England's Joe Root

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

Philadelphia Eagles' Jalen Hurts


Team GB's Zoe Atkin

SEPTEMBER
7-13 Golf Solheim Cup
15-27 Cricket England v Sri Lanka: T20 & ODI series
20-27 Cycling Road World Championships

OCTOBER
15 Rugby league World Cups (until 15 November)
17 Horse racing British Champions Day
17-25 Gymnastics World Championships

NOVEMBER
7-14 Tennis WTA finals
15-22 Tennis ATP finals
24-29 Tennis Davis Cup finals
28 Snooker UK Championship (until 6 Dec)
TBA Cricket Australia v England: ODI & T20 series

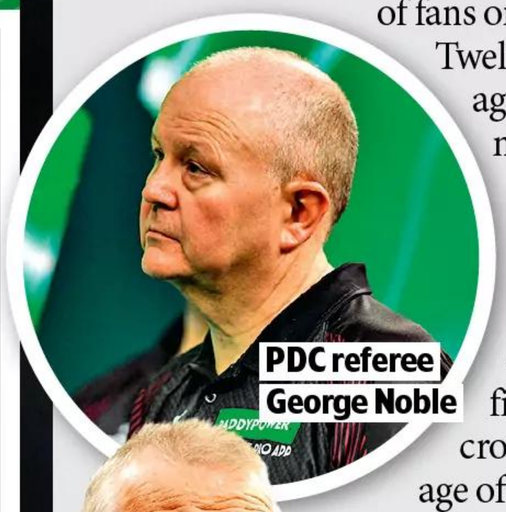
DECEMBER
TBA Darts World Championship
TBA Cricket South Africa v England: Tests, ODIs & T20s

LIVE DARTS

World Championship final

Saturday, 7.30pm, Sky Sports Darts, & 8pm, Sky Sports Main Event

The Sid Waddell Trophy and a record cheque for £1 million await the winner of the biggest-ever World Championship when London's Alexandra Palace hosts the best-of-13-sets final in front of thousands of fans on Saturday.


PDC referee George Noble

Twelve months ago, Luke Littler made PDC history when the Warrington wunderkind claimed his first world crown at the age of 17, cruising to a 7-3 victory over three-time champion Michael van Gerwen. Saturday also sees the final appearances of master of ceremonies John McDonald and referee George Noble, who both retire after the event.

MC John McDonald

World champion Luke Littler

Emma Raducanu

LIVE TENNIS

United Cup

From New Year's Day, Sky Sports Tennis, Sky Sports+ & Sky Sports Main Event

The fourth edition of the team tournament features 18 countries playing in Perth and Sydney, with Jack Draper hoping to overcome his injuries and join Emma Raducanu in the Great Britain team. USA are led by Coco Gauff and Taylor Fritz, while other big names in action include Poland's Wimbledon champion Iga Świątek and Japan's four-time Grand Slam winner Naomi Osaka.

England face a massive challenge

LIVE CRICKET

Australia v England: Fifth Test

Sat-Wed, play starts 11.30pm, TNT Sports 1

A remarkable Ashes draws to a close at the Sydney Cricket Ground. England made the worst possible start to the series, losing the opening two Tests for the eighth time in their past 10 Ashes tours, with Mitchell Starc and Alex Carey in outstanding form for the Baggy Greens. Joe Root could be vital to salvaging some England pride after making his first century down under in Brisbane, while Surrey and England Lions bowler Matthew Fisher could feature after being drafted into Ben Stokes' side to replace the injured Mark Wood.

Rangers' Bojan Miovski

LIVE FOOTBALL

Celtic v Rangers

Sat, kick-off 12.30pm, Sky Sports Football & Sky Sports Main Event

As the Scottish champions host their Old Firm rivals in the traditional New Year fixture, new Rangers coach Danny Röhl and striker Bojan Miovski have helped the club climb the Scottish Premiership. But they'll need to improve on their League Cup semi-final loss to Celtic in November when the Hoops triumphed 3-1 with goals from Johnny Kenny, Callum McGregor and Callum Osmand.

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL
Sat 9.15pm & 1.10am Sky Sports NFL, 11pm & 1.10am Sky Sports Main Event

LIVE NFL
Sun 5.30pm 5, 5.30pm, 9.15pm & 1.10am Sky Sports NFL, 5.30pm & 9pm Sky Sports+, 8.15pm, 9.15pm & 1.10am Sky Sports Main Event

BASKETBALL

LIVE Miami Heat v Minnesota Timberwolves
Sat 10pm Sky Sports+
The NBA inter-conference fixture staged at Kaseya Center.

LIVE Detroit Pistons v New York Knicks
Mon 12m't Sky Sports+
NBA Eastern Conference match.

LIVE Philadelphia 76ers v Denver Nuggets
Mon 1am Sky Sports Mix
The NBA inter-conference game.

LIVE Los Angeles Clippers v Golden State Warriors
Mon 3am Sky Sports+
NBA Western Conference fixture.

LIVE Minnesota Timberwolves v Miami Heat
Tue 1am Sky Sports+
The NBA inter-conference match.

LIVE Sacramento Kings v Dallas Mavericks
Tue 4am Sky Sports+
NBA Western Conference game.

CRICKET

LIVE Sydney Thunder v Hobart Hurricanes
Sat 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE Joburg Super Kings v Sunrisers Eastern Cape
Sat 10.50am Sky Sports+ & 11.30am Sky Sports Cricket
SA20 game at Wanderers Stadium.

LIVE Pretoria Capitals v Durban Super Giants
Sat 3.20pm Sky Sports Cricket
SA20 match at SuperSport Park.

LIVE Australia v England
Sat-Wed 11pm TNT Sports 1
Days one to five of the series-concluding fifth Ashes Test staged at Sydney Cricket Ground. See p29.

LIVE Melbourne Stars v Melbourne Renegades
Sun 7am Sky Sports Cricket
The Big Bash League fixture.

Skiing
Britain's Cross-Country Skiing World Cup star Andrew Musgrave

LIVE Perth Scorchers v Adelaide Strikers
Sun 10.15am Sky Sports Cricket
The Big Bash League match.

LIVE MI Cape Town v Paarl Royals
Sun 1.20pm Sky Sports Mix
The SA20 match from Newlands.

LIVE ILT20 final
Sun 2.25pm Sky Sports Cricket
At Dubai International Cricket Stadium.

LIVE Sydney Sixers v Brisbane Heat
Mon 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE Pretoria Capitals v Sunrisers Eastern Cape
Mon 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event
SA20 fixture at SuperSport Park.

LIVE Adelaide Strikers v Sydney Thunder
Tue 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE MI Cape Town v Joburg Super Kings
Tue 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event
The SA20 game held at Newlands.

LIVE Perth Scorchers v Melbourne Renegades
Wed 8.10am Sky Sports Cricket
Big Bash League match.

LIVE Durban Super Giants v Pretoria Capitals
Wed 3.20pm Sky Sports Cricket
The SA20 fixture.

LIVE Melbourne Stars v Sydney Sixers
Thu 8.10am Sky Sports Cricket
Big Bash League game.

LIVE Joburg Super Kings v Paarl Royals
Thu 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event

LIVE Hobart Hurricanes v Adelaide Strikers
Fri 8.10am Sky Sports Cricket
The Big Bash League match.

LIVE Mumbai Indians v Royal Challengers Bengaluru
Fri 1.50pm Sky Sports+
The WPL game at DY Patil Stadium.

LIVE Durban Super Giants v Sunrisers Eastern Cape
Fri 3.20pm Sky Sports Cricket & 3.30pm Sky Sports Main Event
The SA20 match at Kingsmead Cricket Ground in Durban.

LIVE T20 Super Smash
Fri 4.45am TNT Sports 2

LIVE Brisbane Heat v Sydney Thunder
Fri 4.55am Sky Sports Cricket
Big Bash League game at the Gabba.

CYCLING

LIVE Cyclocross
Sat 12.15pm & 2pm TNT Sports 2
From Gullegem, Belgium.

LIVE Cyclocross
Sun 12.30pm & 2pm TNT Sports 4
From Zonhoven, Belgium.

DARTS

LIVE World Championship
Sat 7.30pm Sky Sports Darts & 8pm Sky Sports Main Event
The final at Alexandra Palace, played over the best-of-13 sets. See p29.

GOLF

LIVE The Bay v Atlanta Drive
Tue 10pm Sky Sports Golf
The third TGL match at SoFi Center in Palm Beach Gardens in Florida.

HORSE RACING

LIVE Sandown
Sat 1.15pm ITV1

LIVE Arc Racing League
Fri 5.15pm ITV4

ICE HOCKEY

LIVE Washington Capitals v Chicago Blackhawks
Sat 12m't Premier Sports 2
The NHL inter-conference match.

LIVE Vancouver Canucks v Boston Bruins
Sat 3am Premier Sports 1
The NHL inter-conference fixture.

LIVE Florida Panthers v Colorado Avalanche
Sun 10pm Premier Sports 2
The NHL inter-conference game.

LIVE New York Rangers v Utah Mammoth
Mon 12m't Premier Sports 2
The NHL inter-conference match.

LIVE Ottawa Senators v Detroit Red Wings
Mon 12.30am Premier Sports 1
NHL Eastern Conference game.

LIVE Toronto Maple Leafs v Florida Panthers
Tue 12.30am Premier Sports 2
NHL Eastern Conference match.

LIVE Seattle Kraken v Boston Bruins
Tue 3am Premier Sports 1
The NHL inter-conference fixture.

LIVE Washington Capitals v Dallas Stars
Wed 12m't Premier Sports 2
The NHL inter-conference game.

LIVE Chicago Blackhawks v St Louis Blues
Wed 2.30am Premier Sports 1
NHL Western Conference match.

LIVE Vaxjo v Farjestad
Thu 5.55pm Premier Sports 1

LIVE Philadelphia Flyers v Toronto Maple Leafs
Thu 12m't Premier Sports 2
NHL Eastern Conference fixture.

LIVE Winnipeg Jets v Edmonton Oilers
Thu 1am Premier Sports 1
NHL Western Conference game.

LIVE Winnipeg Jets v Los Angeles Kings
Fri 1am Premier Sports 2
NHL Western Conference match.

LIVE Utah Mammoth v St Louis Blues
Fri 2am Premier Sports 1
NHL Western Conference fixture.

MOTORSPORT

LIVE FIA Formula E
Fri 10pm TNT Sports 1
The first free practice session of the Mexico City E-Prix.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY UNION

LIVE Sharks v Lions
Sat 1pm Premier Sports 1 (kick-off 1.30pm) The United Rugby Championship game in Durban.

LIVE Bath v Exeter Chiefs
Sat 2.30pm TNT Sports 1 (kick-off 3.05pm) The Prem match at the Recreation Ground.

LIVE Llandovery v Ebbw Vale
Sat 5pm S4C (kick-off 5.15pm)
The Super Rygbi Cymru fixture.

LIVE Leinster v Connacht
Sat 5pm Premier Sports 1 (kick-off 5.30pm) The United Rugby Championship match.

LIVE Northampton Saints v Harlequins
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm)
The Prem encounter staged at Franklin's Gardens.

LIVE Benetton v Edinburgh
Sat 5.25pm Premier Sports 2 (kick-off 5.30pm) The United Rugby Championship fixture at Stadio Comunale di Monigo in Treviso, Italy.

LIVE Glasgow Warriors v Zebre Parma
Sat 7.30pm Premier Sports 1 (kick-off 7.45pm) The United Rugby Championship match staged at Scotstoun Stadium.

LIVE Bordeaux Begles v Racing 92
Sat 7.55pm Premier Sports 2 (kick-off 8pm) The Top 14 game staged at Stade Chaban-Delmas.

LIVE Leicester Tigers v Saracens
Sun 2.30pm TNT Sports 2 & 3pm TNT Sports 1 (kick-off 3pm) The Prem match from Welford Road.

LIVE La Rochelle v Toulon
Sun 8pm Premier Sports 2 (kick-off 8.05pm) The Top 14 game staged at Stade Marcel-Deflandre.

LIVE Edinburgh v Gloucester
Fri 7pm Premier Sports 1 (kick-off 8pm) The Champions Cup Pool Two match at Hive Stadium.

LIVE Stormers v Sale Sharks
Fri 7.30pm Premier Sports 2 (kick-off1pm) The Champions Cup Pool Four game at DHL Stadium.

SKIING

LIVE Women's Alpine Skiing
Sat 8.45am & 12noon TNT Sports 1
Runs one and two of the giant slalom from Kranjska Gora, Slovenia.

LIVE Men's Nordic Combined Skiing
Sat 10.45am TNT Sports 2
The HS100 ski jump in Schonach.

LIVE Cross-Country Skiing
Sat 11.45am TNT Sports 4
Qualifying for the men's and women's sprint classic from Italy.

LIVE Ski Jumping
Sat 1.15pm TNT Sports 3
Qualifying for the men's HS124 from Innsbruck in Austria.

LIVE Women's Nordic Combined Skiing
Sat 2pm TNT Sports 4
Gundersen 5km from Schonach.

LIVE Men's Nordic Combined Skiing
Sat 2.45pm TNT Sports 4
Gundersen 10km from Schonach.

LIVE Women's Alpine Skiing
Sun 8.15am TNT Sports 2 & 11.15am TNT Sports 3
Runs one and two of the slalom from Kranjska Gora, Slovenia.

LIVE Nordic Combined Skiing
Sun 8.30am TNT Sports 3
HS100 team ski jump in Schonach.

LIVE Cross-Country Skiing
Sun 10.15am TNT Sports 2
The men's mass start freestyle 10km from Fiemme Valley, Italy.

LIVE Ski Jumping
Sun 12.15pm TNT Sports 3
The men's HS124 from Innsbruck.

LIVE Cross-Country Skiing
Sun 2.30pm TNT Sports 3
The women's mass start freestyle 10km from Fiemme Valley, Italy.

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LIVE Ski Jumping
Mon & Tue 1.15pm TNT Sports 1
The women's HS98 from Villach.

LIVE Ski Jumping
Mon 3.15pm & Tue 3pm TNT Sports 1
The men's HS142 in Bischofshofen.

LIVE Freestyle Skiing
Tue 6pm TNT Sports 2; Wed 8pm TNT Sports 3
Days one and two of the men's and women's aerials from Lac Beauport.

LIVE Men's Alpine Skiing
Wed 4.30pm & 7.30pm TNT Sports 2
Runs one and two of the slalom from Madonna di Campiglio, Italy.

LIVE Freestyle Skiing
Thu 12.30am TNT Sports 1
The men's and women's moguls from Val Saint-Côme, Canada.

LIVE Women's Nordic Combined Skiing
Fri 11.30am TNT Sports 2
The mass start 5km from Otepää.

LIVE Men's Nordic Combined Skiing
Fri 12.15pm TNT Sports 2
The mass start 10km from Otepää.

LIVE Nordic Combined Skiing
Fri 2.15pm & 3.30pm TNT Sports 2
The men's and women's HS97 ski jump events from Otepää, Estonia.

LIVE Freestyle Skiing
Fri 12.30am TNT Sports 1
The men's and women's dual moguls from Val Saint-Côme.

TENNIS

LIVE Belgium v China and France v Switzerland
Sat 6am Sky Sports Main Event, Sky Sports+ & Sky Sports Tennis
The United Cup matches from Ken Rosewall Arena, Sydney and RAC Arena, Perth respectively. See p29.

LIVE Australia v Norway
Sat 6.30am Sky Sports Main Event & Sky Sports Tennis, 9am Sky Sports+
The United Cup matches staged at Ken Rosewall Arena and RAC Arena.

LIVE Germany v Netherlands and Great Britain v Japan
Sat 11pm Sky Sports Tennis & 4.30am Sky Sports Main Event
The United Cup matches staged at Ken Rosewall Arena and RAC Arena.

LIVE United Cup
Mon 9am Sky Sports Tennis & Sky Sports Main Event

LIVE Canada v China and Italy v Switzerland
Sun 11am Sky Sports Tennis
The United Cup matches at Ken Rosewall Arena and RAC Arena.

LIVE WTA Auckland Open
Thu 10.30pm Sky Sports+ & Sky Sports Tennis
The fourth day from the ASB Tennis Centre in Auckland, New Zealand.

WINTER SPORTS

LIVE Luge
Sat 7.30am, 9am, 10.30am & 12.45pm TNT Sports 4
Discipline events in Sigulda, Latvia.

LIVE Luge
Sun 9.15am & 10.30am TNT Sports 4
Singles events in Sigulda, Latvia.

LIVE Biathlon
Thu 2pm & Fri 1.15pm TNT Sports 1
Sprint events in Oberhof, Germany.

Saturday 3

LIVE Brisbane Roar v Wellington Phoenix
6am TNT Sports 1 (kick-off 6am)

LIVE Western Sydney Wanderers v Canberra United
6am TNT Sports 2 (kick-off 6am)

LIVE Melbourne City v Sydney FC
8.30am TNT Sports 2

LIVE Brisbane Roar v Wellington Phoenix
8.45am TNT Sports 3

LIVE Perth Glory v Newcastle Jets
10.45am TNT Sports 3

LIVE Celtic v Rangers
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match staged at Celtic Park. See p29.

LIVE Aston Villa v Nottingham Forest
12noon Sky Sports Premier League (kick-off 12.30pm) The Premier League game at Villa Park.

LIVE Celta Vigo v Valencia
12.55pm Premier Sports 2 (kick-off 1pm) The LaLiga match.

LIVE Dundee United v Dundee
2.45pm Sky Sports Main Event & Sky Sports Football (kick-off 3pm)
The Scottish Premiership match from CalForth Construction Arena.

LIVE AFCON
3.55pm 4seven (kick-off 4pm)
The first last-16 match staged at Tangier Grand Stadium in Morocco.

LIVE Bournemouth v Arsenal
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League fixture at Vitality Stadium.

LIVE AFCON
6.55pm 4seven (kick-off 7pm)
The second last-16 game at Mohammed V Stadium, Morocco.

LIVE Espanyol v Barcelona
8pm Disney+ (kick-off 8pm)
The LaLiga game at RCDE Stadium.

LIVE Adelaide United v Central Coast Mariners
4.45am TNT Sports 2

Sunday 4

LIVE Melbourne City v Sydney FC
6am TNT Sports 3 (kick-off 6am)

LIVE Adelaide United v Central Coast Mariners
8.30am TNT Sports 1

LIVE Birmingham City v Coventry City
11am Sky Sports Main Event & Sky Sports Football, 11.30am ITV1 (kick-off 12noon)
The Championship match from St Andrew's.

LIVE Lazio v Napoli
11.15am TNT Sports 2 (kick-off 11.30am) The Serie A match staged at Stadio Olimpico.

LIVE Leeds United v Manchester United
11.30am TNT Sports 1 (kick-off 12.30pm) The Premier League fixture from Elland Road.

LIVE AFCON

Knockout stage

Sat-Tue & Fri, 4seven & E4

The Africa Cup of Nations reaches the round-of-16 over the weekend, with matches played Saturday-Tuesday, before the first two quarter-finals take place on Friday. Mohamed Salah will want to put his recent club tribulations behind him as Egypt seek a record-extending eighth title.

LIVE PREMIER LEAGUE

Manchester City v Chelsea

Sunday, kick-off 5.30pm, Sky Sports Main Event & Sky Sports Premier League

With both sides still harbouring title ambitions, this should be a hotly contested match at the Etihad. Blues forward Cole Palmer will be hoping it's fifth time lucky as he tries to score against his former club.

LIVE PREMIER LEAGUE

Arsenal v Liverpool

Thursday, kick-off 8pm, Sky Sports Main Event & Sky Sports Premier League

Sky Sports are showing a full round of live Premier League fixtures (Tue-Thu) including this tasty clash at the Emirates. Liverpool took the honours at Anfield in August, but it's Arsenal who have stayed the course, with Jurrien Timber a key player.

LIVE Sevilla v Levante
12.55pm Premier Sports 1 (kick-off 1pm) The LaLiga match.

LIVE Everton v Brentford
1.30pm Sky Sports Golf (kick-off 3pm) Premier League match at Hill Dickinson Stadium.

LIVE Newcastle United v Crystal Palace
1.30pm Sky Sports Premier League (kick-off 3pm) Premier League fixture at St James' Park.

LIVE Fulham v Liverpool
2pm Sky Sports Main Event (kick-off 3pm) The Premier League game at Craven Cottage.

LIVE Tottenham Hotspur v Sunderland
2.30pm Sky Sports Football (kick-off 3pm)
The Premier League match staged at Tottenham Hotspur Stadium.

LIVE Real Madrid v Real Betis
3.10pm Premier Sports 1 (kick-off 3.15pm)
The LaLiga match at the Bernabeu.

LIVE AFCON
3.55pm 4seven (kick-off 4pm)
The third last-16 match at Prince Moulay Abdellah Stadium in Rabat.

LIVE Manchester City v Chelsea
5pm Sky Sports Premier League & 5.25pm Sky Sports Main Event (kick-off 5.30pm) The Premier League fixture at Etihad Stadium.

LIVE Alavés v Oviedo
5.25pm Premier Sports 1 (kick-off 5.30pm) LaLiga.

LIVE AFCON
6.55pm 4seven
The fourth last-16 match from Stade El Barid in Rabat, Morocco.

LIVE Inter Milan v Bologna
7.30pm TNT Sports 1 (kick-off 7.45pm)
The Serie A match at San Siro.

LIVE Real Sociedad v Atlético Madrid
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga game.

Monday 5

LIVE Macarthur FC v Auckland FC
8am TNT Sports 1 (kick-off 8am)

LIVE AFCON
3.55pm 4seven (kick-off 4pm)
The fifth last-16 fixture in Agadir.

LIVE AFCON
6.55pm 4seven (kick-off 7pm)
The sixth last-16 match staged at Fez Stadium in Morocco.

LIVE Leicester City v West Bromwich Albion
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match staged at King Power Stadium.

Tuesday 6

LIVE Melbourne City v Brisbane Roar
8am TNT Sports 1 (kick-off 8am)

LIVE AFCON
3.55pm 4seven (kick-off 4pm)
The seventh last-16 fixture at Complexe Sportif Prince Heretier Moulay El Hassan in Rabat.

LIVE AFCON
6.55pm 4seven (kick-off 7pm)
The eighth last-16 match at Marrakesh Stadium in Morocco.

LIVE Rangers v Aberdeen
7pm Sky Sports Football (kick-off 8pm) The Scottish Premiership match from Ibrox.

LIVE West Ham United v Nottingham Forest
7.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm) The Premier League game at London Stadium.

LIVE Sassuolo v Juventus
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A match staged at Mapei Stadium.

Wednesday 7

LIVE Fulham v Chelsea
6pm Sky Sports Main Event (kick-off 7.30pm) The Premier League match at Craven Cottage.

LIVE Bournemouth v Tottenham Hotspur
6pm Sky Sports Golf (kick-off 7.30pm) The Premier League fixture at Vitality Stadium.

LIVE Burnley v Manchester United
6pm Sky Sports Premier League (kick-off 8.15pm) The Premier League match from Turf Moor.

LIVE Manchester City v Brighton & Hove Albion
6pm Sky Sports Football (kick-off 7.30pm) The Premier League game at Etihad Stadium.

LIVE Everton v Wolverhampton Wanderers
6pm Sky Sports Tennis (kick-off 7.30pm)
The Premier League match staged at Hill Dickinson Stadium.

LIVE Newcastle United v Leeds United
7pm Sky Sports Cricket (kick-off 8.15pm) The Premier League fixture at St James' Park.

LIVE Brentford v Sunderland
7pm Sky Sports NFL (kick-off 7.30pm)
The Premier League match staged at Gtech Community Stadium.

LIVE Parma v Inter Milan
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A fixture from Stadio Ennio Tardini.

Thursday 8

LIVE Arsenal v Liverpool
7pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm) The Premier League game at Emirates Stadium.

Friday 9

LIVE Brisbane Roar v Auckland FC
8.30am TNT Sports 1

LIVE Sydney FC v Adelaide United
9am TNT Sports 3

LIVE Perth Glory v Western Sydney Wanderers
11am TNT Sports 3

LIVE AFCON
3.30pm E4 (kick-off 4pm)
The first quarter-final at Tangier Grand Stadium in Morocco.

LIVE AFCON
6.30pm E4 (kick-off 7pm)
The second quarter-final at Prince Moulay Abdellah Stadium in Rabat.

LIVE Eintracht Frankfurt v Borussia Dortmund
7.30pm BBC iPlayer (kick-off 7.30pm) The Bundesliga fixture from Deutsche Bank Park.

LIVE Ross County v Partick Thistle
7.30pm BBC Scotland (kick-off 7.45pm)
Scottish Championship match.

LIVE Wellington Phoenix v Melbourne City
3am TNT Sports 1 (kick-off 3am)

PHOTOS: GETTY

ADVERTISEMENT

"It took an embarrassing accident during my Pilates class to discover the solution to my incontinence!"

Jane Holt says Securi-Briefs keep her dry all day long without a worry.

I TOOK UP Pilates when I retired to improve my balance and flexibility. I go to classes every week at the village hall, and afterwards we all have a catch-up and natter in the tea rooms next door. I have been going for five years now and made some lovely friends.

"It was the highlight of my week, I loved the sense of community and I rarely missed a class, but a few months ago that all changed, and I was too embarrassed to face going again.

"It was towards the end of a class when I had a tickle in my throat and coughed, which caused me to wet myself. When I looked down, I could see that my leggings were really wet. I was mortified. Thankfully, I was near the back of the hall and I prayed no one had noticed.

"The class couldn't end soon enough, and when it did, I grabbed my mat and bag and headed out to my car.

"But my friend Sandra followed me to the car park.

"Sorry, I've got to dash, I'm expecting a delivery at home", I blurted, and jumped into my car.

"Oh, I hope you are ok? Let's catch up soon."

"I smiled and drove off.

"All I could think about was how many people had seen the wet patch and what did Sandra mean by "hope you are ok"? She was behind me in the class, so she must have seen."

It wasn't the first time

"Looking back, there had been signs. I'd had a little leak when I laughed too hard at my book club a few weeks earlier.

"I felt the need to go to the toilet all the time. My bladder was definitely not as strong as it used to be.

"Then, a week after the Pilates incident, I was walking home from the shops when I felt a strong urge to go. I walked as fast as I could, but I didn't make it. Luckily, I was nearly home, but the problem was becoming more regular.

"I didn't go back to the Pilates class and I started avoiding going out. I love my monthly book club, but I told friends I was feeling poorly. I knew Sandra would be there and I was too embarrassed to face her."

Pads didn't give enough protection

"I tried pads from the chemist, but none of them gave me real peace of mind. I even tried disposable pants, but they were bulky, noisy, uncomfortable, and when I saw my reflection in the mirror I felt like I was wearing a nappy. I just wanted to feel like *me* again.

"One day I was feeling pretty low, so I went to the garden centre to cheer myself up and buy some plants.

"I was putting the plants in the boot of my car, when I heard a familiar voice, "Jane, how are you? We've missed you at Pilates and book club".

"Of all the people it could have been, it was Sandra!

"Feeling much better" I lied. She said "I'm so glad I've bumped into you, I was going to call, but even better to see you and have a chat."

Oh no, I braced myself, she had seen my 'accident'

"I've had urinary incontinence for about 6 years now. My bladder has got weaker over the years, and I've had plenty of accidents."

"I was taken aback, Sandra always looked immaculate and refined. I couldn't believe she was confiding in me about this.

"I saw you had a slight accident in the class. I'm pretty sure no one else noticed as I was the only one behind you. I know exactly what you are going through. I tried all kinds of supplements, pads, briefs, disposables, washables, and I can't tell you how many embarrassing situations I had, my life was hell, but thankfully not any more."

"I found the perfect solution. That's what I wanted to tell you when you left the class. You have to try **Securi-Briefs**. I wear them every day, even for Pilates and I've never had a single leakage since, even doing the downward facing dog" she laughed.

"I'll text you the phone number and website later. I'd definitely recommend that you try them. Anyway, I've got to go, but call me if you want to chat, don't go through it alone." She hugged me and left.

They've given me my life back

"From the moment I put them on, I felt different. The **Securi-Briefs** look and feel just like normal underwear – soft, comfortable, and discreet. But they have amazing built-in protection that keeps me dry and worry-free.

"I wear the Regular ones during the day and Super absorbency at night. They wash beautifully, dry quickly, and last for ages."

"A week later I went back to Pilates. It was lovely to see everyone and feel normal again doing what I loved.

Fully protected

"They have given me back my confidence, and I no longer panic when I cough or laugh. I can enjoy life again, knowing I'm fully protected.

"I've been wearing them for months now and can't imagine life without them.

"If you've had moments like mine, please don't be embarrassed. So many of us go through this – and there is a solution. **Securi-Briefs** gave me my confidence back, and I'd recommend them to anyone who wants to feel secure, dignified, and live life without worrying about accidents!"

■ **Securi-Briefs are available exclusively from Branshaws for £29.95 a pair. However, as part of a national promotional campaign, they are giving away two pairs when you order two! Customers can order on their freephone 0800 138 4900.**

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	MENS	WHITE								
		BLACK								
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Saturday

3 January

Evening Planner

Entertainment

The Masked Singer
ITV1, 6.30pm
Davina McCall, Mo Gilligan, Maya Jama and Jonathan Ross are back for another series of the 'Guess Who?' music show.

Darts

World Darts Championship: Final
Sky Sports Darts & Sky Sports Main Event, from 7.30pm
Coverage from Alexandra Palace, London.

Drama

Waiting for the Out
BBC1, 9.30pm (box set, BBC iPlayer)
Inspired by a true story, this drama stars Josh Finan as a man who takes a job teaching philosophy to prisoners.

Cricket

Australia v England: 5th Ashes Test
TNT Sports 1, play starts 11.30pm
Will Aussie bowler Mitchell Starc finish the series as strongly as he started?

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The Weakest Link	7.45 The Traitors			9.00 The Traitors...	9.30 Waiting for the Out	10.15 News	10.30 Match of the...
	102 BBC2	◂ 5.30 Film: The Guns of Navarone		8.00 Planet Earth III: Wonders of Nature		9.00 40 Duets at the BBC			
	103 ITV1	◂ 6.30 The Masked Singer		8.00 Wheel of Fortune		9.00 The 1% Club		10.00 The Hunting Wives	
	104 CHANNEL 4	◂ 6.30 2025: The Year from Space		8.00 Space Shuttle Challenger: Days that...		9.00 Taskmaster's New Year Treat		10.00 Bowie: The Final Act	
	105 5	◂ 6.30 Royal Births...	7.30 Princess Anne: A Remarkable Royal			9.00 Meghan: Part One			10.30 The Most...
	106 SKY SHOWCASE	7.00 Coldplay: How We Saw the World – Live in Toronto				9.00 Film: Blacklight			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who					9.10 Extras		
	116 BBC4		7.15 Rentaghost	7.50 Hetty Wainthropp Investigates		9.00 From Roger Moore with Love		10.20 Film: Escape to Athena	
	118 ITV2	◂ 6.45 Film: School of Rock				9.00 Film: Bridesmaids			
	136 MORE4	◂ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam				10.00 Caught on Dashcam Winter Special	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones							
	110 U&GOLD	◂ 6.30 Only Fools and Horses							
	111 U&DAVE		7.10 Gavin & Stacey			9.00 Superstore			
	119 ITV3	◂ 6.10 Midsomer Murders						10.05 Vera	
	120 ITV4	◂ 5.40 Sharpe	7.45 Film: The Avengers				9.35 Film: First Blood		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Working Girl			
	152 SKY SCI-FI	7.00 Film: Ice Storm				9.00 Film: TimeCop			
	113 SKY MAX	7.00 Film: SAS: Red Notice				9.00 Friends: The Reunion			
	109 U&ALIBI	◂ 6.40 Death in Paradise						10.00 Allegiance	
	124 SKY ARTS	◂ 6.00 Cliff Richard and the Shadows: The Final Reunion				8.50 Bee Gees: One Night Only			
	132 U&W	7.00 999 Rescue Squad		8.00 One Born Every Minute				10.00 The Supervet	
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush		8.00 Alaskan Bush People		9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Mountain Monsters		10.00 Tanked	
	129 NAT GEO	7.00 Churchill's German Army		8.00 Apocalypse: The Fall of Hitler				10.00 Nazi Child Soldiers	
	123 SKY HISTORY	7.00 Airport Security: USA				9.00 Original Gangsters with Sean Bean			
	155 U&YESTERDAY	◂ 6.45 Red Dwarf		8.00 Guy Martin's D-Day Landing				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Bright Lights: Starring Carrie Fisher and Debbie Reynolds				9.00 The Bee Gees: How Can You Mend a Broken Heart			
FILMS - Sky Cinema	301 PREMIERE	◂ 5.40 Sinners		8.00 28 Years Later				10.00 Safe House	
	302 CHRISTMAS	◂ 6.20 Tidings for the Season		8.00 Genie			9.35 Daddy's Home 2		
	303 EXCLUSIVES	◂ 5.30 Furiosa: A Mad Max Saga		8.00 The Phoenician Scheme				10.00 Mickey 17	
	304 FAVOURITES	◂ 6.15 Jurassic Park III		8.00 Jurassic World				10.10 Jurassic World: Fallen Kingdom	
	305 ANIMATION		7.10 Madagascar: Escape 2 Africa			8.45 Bon Voyage, Charlie Brown			10.15 The Inseparables
	306 FAMILY	◂ 6.00 Journey 2...		7.40 Spy Kids 2: Island of Lost Dreams			9.25 Spy Kids 3: Game Over		
	307 ACTION	◂ 6.00 Terminator Salvation		8.00 Godzilla x Kong: The New Empire				10.00 Gladiator II	
	308 COMEDY	◂ 6.10 American Pie 2		8.00 American Pie: The Wedding			9.40 American Reunion		
	309 THRILLER	◂ 5.05 The Godfather Part III		8.00 Split				10.00 Pulp Fiction	
	310 DRAMA	◂ 6.20 The Boy in the Striped Pyjamas		8.00 The Shawshank Redemption					10.25 Molly's Game
	311 SCI-FI	◂ 6.05 A Quiet Place: Day One		8.00 Us				10.00 Blade	
	313 FILM4	◂ 6.45 Independence Day: Resurgence				9.00 Peppermint			
SPORT	401 MAIN EVENT	◂ 5.00 SNF – Live: Bournemouth v Arsenal		8.00 World Darts Championship – Live: Coverage of the final at Alexandra Palace in London					
	402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Bournemouth v Arsenal (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL Highlights	8.00 SPFL				10.00 EFL Highlights	
	405 CRICKET	7.00 Big Bash League		8.00 SA20					
	410 TNT SPORTS 1	◂ 5.15 The Gallagher PREM – Live	7.45 Lions Uncut: Australia 2025				9.30 Cricket Reload	10.00 The Edge	
	411 TNT SPORTS 2	7.00 Isuzu UTE A-League		8.00 Cyclocross		9.00 Women's Alpine Skiing World Cup		10.00 Longines FEI Jumping World Cup	

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With actor Ashley Jensen. (S)
11.30 **Nadiya's Simple Spices** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** A couple look for a property in Devon. (S)(R)
3.35 FILM **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. (S)(AD) (1984, 12, 100min) ★★★★
5.15 **BBC News** (S)
5.25 **Local News** (S)
5.30 **Pointless Celebrities** Curtis Pritchard, AJ Pritchard, Tom Malone, Karim Zeroual, Shanaze Reade, Oli Bell, Fern Brady and Alison Spittle take part. (S)(R)

9.00 The Traitors: Uncloaked

6 PM

6.15 **Alan Carr's Picture Slam** Game show in which contestants from Essex, Aberdeenshire, Glasgow and Durham try to identify images, with a chance of winning up to £10,000. (S)(R)

7 PM

7.00 **The Weakest Link** New edition 6/12. With Josh Widdicombe, Sue Cleaver, Nicola Adams, Maryam Moshiri, Banjo Beale, Charlotte Hawkins, Curtis Davies and Julie Lin. (S)
7.45 **The Traitors** New edition 3/12. Claudia Winkleman presents the game of backstabbing and trust, as the faithful continue their mission to unmask the deadly traitors in their midst. (S)(AD)
■ Continues on Wednesday

8 PM

9 PM

9.00 **The Traitors: Uncloaked** New edition 3/12. Discussion on the latest developments. (S)(AD)
9.30 NEW SERIES **Waiting for the Out** 1/6. Drama starring Josh Finan as a teacher leading a philosophy class in a prison. *See feature, page 6.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.15 **BBC News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Wolverhampton Wanderers v West Ham United and Bournemouth v Arsenal. (S)
■ More tomorrow at 10.30pm
11.30 **Mo Salah: Never Give Up** Documentary on the Liverpool and Egypt winger, charting his rise as a young boy in a tiny village to global stardom. (S)(R)(AD)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
9.20 **Natural World: Hotel Armadillo**
10.20 FILM **Carmen Jones** Classic musical starring Dorothy Dandridge and Harry Belafonte. (S) (1954, U, 100min) ★★★
12.00 NOON **Mary Berry's Fantastic Feasts** Afternoon tea. (S)(R)(AD)
1.00 PM **Nigel Slater's Simple Suppers** Recipes for Thai-spiced aubergines and chilli feta. (S)(R)
1.20 **This Farming Life** (S)(R)
2.20 **Earth** 1/5. Documentary. (S)(R)(AD)
3.20 FILM **The Eagle Has Landed** World War Two thriller starring Michael Caine and Donald Sutherland. (S)(AD) (1976, 15, 130min) ★★★★
5.30 FILM **The Guns of Navarone** World War Two adventure starring Gregory Peck and David Niven. (S) (1961, PG, 150min) ★★★★

9.00 40 Duets at the BBC

FILM **The Guns of Navarone** (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **Planet Earth III: Wonders of Nature** Highlights from the wildlife series. A little horn shark stumbles into an ambush, and macaques steal tourists' valuable items. (S)(R)(AD)

9.00 NEW **40 Duets at the BBC** A selection of musical collaborations from the BBC's archives, featuring George Michael and Aretha Franklin, Eminem and Dido, Nelly and Kelly Rowland, Peter Gabriel and Kate Bush, Meat Loaf and Cher, Kenny Rogers and Dolly Parton, and Kylie Minogue and Jason Donovan. (S)

11.25 **Later... with Jools Holland – Collaborations** Performances on the show by unique combinations of artists. (S)(R)
12.25 AM FILM **A Million Little Pieces** Drama starring Aaron Taylor-Johnson and Billy Bob Thornton. (S) (2018, 15, 105min) ★★★★
2.10 **Sign Zone: The Night Manager** 1/6. Thriller starring Tom Hiddleston. (S2) (S)(R)(AD)
3.10 **to 6.05** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Great British Adventure** The Isle of Wight. (S)(R)
6.30 **James Martin's Saturday Morning at Christmas** (S)(R)
8.25 NEW SERIES **Prue Leith's Cotswold Kitchen** (S)
9.25 **ITV News** (S)
9.30 NEW SERIES **James Martin's Saturday Morning** (S)
12.00 NOON NEW SERIES **Ainsley's Taste of the Bahamas** (S)
12.30 PM **Simply Raymond Blanc** (S)(R)
1.00 **ITV News** (S)
1.15 LIVE **Racing** Coverage from Sandown Park and Wincanton. (S)
4.00 **ITV News** (S)
4.15 **Local News** (S)
4.30 **Ant and Dec's Limitless Win Christmas Special** (S)(R)(AD)
5.30 NEW SERIES **Celebrity Catchphrase** Game show. (S)(AD)

5.30 Celebrity Catchphrase

6.30 NEW SERIES **The Masked Singer** 1/8. Joel Dommett is back with the singing contest in which Jonathan Ross, Davina McCall, Mo Gilligan and Maya Jama must guess the identities of the famous faces performing behind elaborate costumes. The first six masked singers battling it out are Red Panda, Moth, Disc Jockey, Sloth, Gargoyle and Can of Worms, while Goldfish fronts the Masked Band. (S)(AD)
■ Continues tomorrow

8.00 **Wheel of Fortune** New edition Graham Norton invites executive assistant Yemi, funeral celebrant Richard and support worker Aimee to solve word puzzles for the chance to win up to £50,000. (S)

9.00 **The 1% Club** New edition Quiz hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
10.00 **The Hunting Wives** New episode *Sunrise Tells the Story:* 3/8. Margo attempts to win back Sophie with a surprise, while the police make a chilling discovery. (S)(AD)
■ Entire series on ITVX
11.00 **ITV News** (S)
11.15 FILM **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. (S)(AD) (1986, 12, 125min) ★★★
1.20 AM **Teleshopping**
3.00 **Bullseye Christmas Special** With Michael van Gerwen. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **The King of Queens** 5-7/25. Triple bill. (S1) (S)(R)(AD)
7.15 **Everybody Loves Raymond** 21 &22/25. (S7) (S)(R)(AD)
8.10 FILM **Wonder Park** Animated adventure with the voices of Mila Kunis and Kenan Thompson. (S)(AD) (2019, PG, 105min) ★★★★
9.55 **The Simpsons** (S)(R)(AD)
11.25 FILM **The Call of the Wild** Historical adventure starring Harrison Ford and Omar Sy. (S)(AD) (2020, PG, 110min) ★★★
1.15 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Surrey. (S)(R)
4.55 **Kirstie and Phil's Love It or List It** Kirstie and Phil help a couple in Albrighton, Shropshire. (S)(R)(AD)

10.00 Bowie: The Final Act

6.00 **News** (S)
6.30 **2025: The Year from Space** News archive, witness testimony, user-generated material and expert analysis supplement the unseen story of 2025, as illustrated by satellites above. (S)(R)(AD)

8.00 NEW **Space Shuttle Challenger: Days that Shocked the World** Examining the 1986 space shuttle disaster, when the *Challenger* disintegrated just 73 seconds into flight. (S)(AD)

9.00 **Taskmaster's New Year Treat** Series finale 2/2. Alex Horne sets more challenges for Big Zuu, Jill Scott, Rose Ayling-Ellis, Sam Ryder and Susie Dent. Hosted by Greg Davies. (S)(AD)

10.00 NEW **Bowie: The Final Act** The story behind David Bowie's final creative journey, from conquering Glastonbury's Pyramid Stage in 2000 to producing *Blackstar*, the 2016 swansong LP that reminded the world why he was irreplaceable. (S)(AD)
12.00 M'T FILM **Moonage Daydream** An immersive and kaleidoscopic journey through David Bowie's life. (S)(AD) (2022, 15, 150min) ★★★★
2.30 AM **24 Hours in A&E** (S)(R)(AD)
3.25 **Find It, Fix It, Flog It** (S)(R)(AD)
4.20 **Chateau DIY** (S)(R)
4.45 **Kirstie's House of Craft** (S)(R)
5.05 **to 6.20** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.05 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Walking Wartime Britain** Arthur Williams discovers the people and places that changed the course of World War Two, beginning in Liverpool. (S)(R)
9.40 FILM **Zulu** Historical action adventure starring Stanley Baker and Michael Caine. (S) (1963, PG, 170min) ★★★★★
12.30 PM FILM **Pirates of the Caribbean: At World's End** Swashbuckling adventure starring Johnny Depp. (S) (2007, 12, 200min) ★★★★
3.50 FILM **Pirates of the Caribbean: On Stranger Tides** Swashbuckling adventure with Johnny Depp and Penélope Cruz. (S) (2011, 12, 131 min) ★★★

9.00 **Meghan: Part One**

6.30 **Royal Births, Marriages & Deaths** New edition A look at the funeral of Diana, Princess of Wales; Princess Margaret's favourite designer, Norman Hartnell; and trial of King Charles I for treason. (S)
7.30 **Princess Anne: A Remarkable Royal** A look at the Princess Royal's equestrian career, from learning to ride as a toddler, to competing at the Olympics and her continued passionate engagement in the sport. (S)(R)
9.00 NEW SERIES **Meghan: Part One** 1/2. The journey of the Duchess of Sussex, from an ordinary LA school, to TV stardom in *Suits*, to marrying into the Royal Family. (S)
10.30 **The Most Embarrassing Game Show Moments** New edition Celebrating the most toe-curling moments on game shows, including the most ludicrous answers on *Family Fortunes* and meltdowns on *The Traitors*. (S)
12.20 AM **World's Most Expensive All-You-Can-Eat Buffet** (S)(R)
1.15 **PlayOJO Live Casino Show** (S)
3.20 **Your Dream Kitchen for Less**
4.05 **World's Most Scenic River Journeys** The River Bure. (S)(R)
4.45 **The Wonderful World of Chocolate** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Stop, Search, Seize** Double bill. (S)(R)(AD)
8.00 **Africa's Hunters** (S)(R)
10.00 **Football's Funniest Moments** A look at comical incidents from the sport. (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
1.30 PM **David Attenborough's Natural History Museum Alive** The broadcaster presents a unique after-hours tour of the institution. (S)(R)(AD)
3.00 **Great Barrier Reef with David Attenborough** 1/3. The broadcaster unlocks the secrets of the natural wonder. (S)(R)
4.00 2/3. The naturalist explores the shark-infested waters of Osprey Reef. (S)(R)
5.00 3/3. A look at what the future holds for the reef. (S)(R)

9.00 **Blacklight**

6.00 **Rob & Romesh vs Shakespeare** 4/6. The duo prepare to perform in *Romeo and Juliet* at Shakespeare's Globe, with actors Jessie Buckley and Martin Freeman. (R)
7.00 **Coldplay: How We Saw the World – Live in Toronto** A 2006 live performance by the band at Toronto's Air Canada Centre, featuring songs including *Clocks*, *Yellow*, *Fix You*, *Speed of Sound* and *Talk*. (S)(R)
9.00 FILM **Blacklight** Action thriller starring Liam Neeson. A government operative coming to terms with his shadowy past finds himself in the crosshairs of the FBI director he once helped protect. With Aidan Quinn, Taylor John Smith and Emmy Raver-Lampman. (S) (AD) (2022, 15, 104min) ★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **James Acaster: Hecklers Welcome** A stand-up special filmed at the Royal & Derngate Theatre in Northampton. (S)(R)
12.30 AM **The Force: Manchester** Double bill of editions. (S)(R)
2.30 **Brit Cops: Frontline Crime UK** Documentary series. (S)(R)
3.30 **Monkey Life** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm Sportscene: Premiership Highlights (S)(R) **1.00am** Mo Salah: Never Give Up (S)(R)(AD) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
5.30pm The Wonder of Animals (S)(R) **6.00** Weatherman Walking (S)(R) **6.30-9.00pm** FILM The Guns of Navarone (S) (1961, PG, 150min) ★★★★

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Iaith ar Daith **11.15** Gwladfa: Gwilym Bowen Rhys **11.50** Cefn Gwlad (AD) **12.55pm** Cysgu O Gwmpas (AD) **1.25** Llond Bol O Japan **2.25** Canu gyda Fy Arwr **3.25** Am Dro! **4.25** Dim Cwsg i Quinnell (AD) **5.00** LIVE Clwb Rygbi **7.20** Newyddion a Chwaraeon **7.30** Cymry Waw! **8.30** Noson Lawen **9.30** Sgwrs Dan y Lloer **10.30** Amour & Mynydd **11.30pm-12.05am** Bar Hansh

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Resolution:* 11/11. The time traveller and her crew deal with a terrifying New Year threat. (S11)
8.00 **Doctor Who** *Revolution of the Daleks:* 11/11. The Doctor tries to escape from a high-security alien prison. (S12)
9.10 **Extras** 1/6. First episode of Ricky Gervais' comedy. Film extra Andy Millman tries to get himself noticed in a film directed by Ben Stiller. **9.40** 2/6. Maggie tells Andy he should ask the leading man on their latest job for some dialogue. **10.10** 3/6. The bit-part players find themselves in the background of Kate Winslet's latest film. **10.40** 4/6. Andy's thrilled to get his big break working alongside veteran TV comedian Les Dennis. (S1)
11.10 **Extras** 5&6/6. (S1)
12.10 AM **This Country**
2.35 **Two Pints of Lager and a Packet of Crisps**
3.35 **to 4.00** AM **My Mate's a Bad Date**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM NEW **Christopher Biggins Remembers... Rentaghost** The actor reflects on the classic children's comedy.
7.15 **Rentaghost** *It's Pantomime Time:* McWitch gives Ethel a potion.
7.45 **Dame Patricia Routledge Remembers... Hetty Wainthropp Investigates** The actor takes a look back at the crime drama.
7.50 **Hetty Wainthropp Investigates** *The Bearded Lady:* The sleuth investigates the death of a pensioner.
9.00 **From Roger Moore with Love** Documentary tracing Roger Moore's rise from a young knitwear model to an era-defining icon.
10.20 FILM **Escape to Athena** World War Two adventure caper starring Roger Moore, Telly Savalas and David Niven. (1979, PG, 115min) ★
12.15 AM **Hetty Wainthropp Investigates** As 7.50pm.
1.25 **to 2.45** AM **From Roger Moore with Love**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun**
10.00 **Four in a Bed**
12.40 PM **A Place in the Sun**
2.40 **Come Dine with Me** Five editions from north Wales.
5.20 **Four in a Bed** The contest begins at The Yellow Submarine in Liverpool. **5.55** The second visit is to the Manor Lodge in Cornwall. **6.25** The competitors visit Ashculme House in Devon. **6.55** The fourth and final visit of the week is to Satis House in Suffolk.
7.25 **Four in a Bed** The week's winner is announced.
8.00 **24 Hours in A&E** A man is admitted with acute abdominal pain and has to undergo emergency surgery.
9.00 **24 Hours in A&E** A lorry driver is sent for an urgent CT scan after falling onto a concrete floor, and a man who has dislocated his shoulder in a cycling accident awaits treatment.
10.00 **24 Hours in A&E** A 20-year-old is rushed in after a motorcycle accident, while doctors examine the damage to the chest and lungs of a 40-year-old who fell off her horse, which then trampled on her.
11.05 **999: On the Front Line**
1.10 AM **24 Hours in A&E**
2.15 **999: On the Front Line**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Lego Masters Australia**
7.20 **Ramsay's Kitchen Nightmares USA**
9.20 FILM **Playing with Fire** Family comedy starring John Cena. (2019, PG, 96min) ★★
11.15 FILM **Secret Headquarters** Family comedy adventure. (2022, PG, 104min) ★★★
1.15 PM **The Great New Year Bake Off** Pairs of bakers join forces to battle it out.
2.30 **The Simpsons**
4.00 FILM **Aladdin** Fantasy. (2019, PG, 128min) ★★★★
6.30 **The Simpsons** *Homer's Phobia:* A gay antiques dealer befriends the family. **7.00** *Homer v the 18th Amendment:* Alcohol is outlawed in Springfield. **7.30** *The Canine Mutiny:* Bart acquires a credit card. **8.00** *The Old Man and the Lisa:* Lisa helps Mr Burns build a recycling centre. **8.30** *Homer and Apu:* Homer is rushed to hospital.
9.00 **Celebrity Gogglebox** Famous faces appraise *The 1% Club*, *Spy in The Ocean* and *The Yorkshire Vet*.
10.00 **Gogglebox** Opinions on *Strictly Come Dancing*.
11.05 **Gogglebox**
12.05 AM **First Dates: Valentine's Special**
1.05 **First Dates**
2.10 **Gogglebox**
4.10 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Double bill.
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** Triple bill, including at:
1.20 PM A dog walker's cruel actions spark outrage.
2.00 **Caught on Dashcam** Road disasters captured on video.
3.00 **Nothing to Declare** Eight editions of the documentary series following the work of customs officers in Australia.

8.00 Caught on Dashcam

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

9 PM

9.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

10 PM

10.00 **Caught on Dashcam Winter Special** Seasonal special bringing together bizarre car crashes, near misses and road incidents.
11.00 **Caught on Dashcam**
1.00 AM **Bull** 19/22. Marissa is forced to go to court without Bull as she and Chunk defend her childhood friend. (S6)
2.00 **Stop, Search, Seize**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones**
2.30 PM **Game of Thrones** 7/10. Brienne follows a new lead in her mission.
3.35 8/10. Littlefinger and Sansa are questioned regarding Lysa's death.
4.40 9/10. The Night's Watch face their biggest challenge.
5.40 10/10. Tyrion receives a visit from Jaime. (S4)
6.50 1/10. Jon Snow tries to mediate between Mance Rayder and Stannis. (S5)

10.10 Game of Thrones

7.55 **Game of Thrones** *The House of Black and White:* 2/10. Arya arrives in Braavos, Stannis has a proposal for Jon, and Cersei fears for her daughter's safety.
9.00 **Game of Thrones** *High Sparrow:* 3/10. Tyrion walks the Long Bridge of Volantis and Arya sees the Many-Faced God.
10.10 **Game of Thrones** *The Sons of the Harpy:* 4/10. The militant arm of the Faith of the Seven grows more aggressive. (S5)
11.15 **Game of Thrones** 5/10. Brienne searches for Sansa.
12.20 AM 6/10. Jorah and Tyrion run into slavers. (S5)
1.25 7&8/10. (S5)
3.35 **In Treatment** (S2)
4.05 **Fish Town**
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **The Paper** 1-10/10. (S1)
12.15 PM **Joe Lycett's United States of Birmingham** 1-4/4. The comedian visits US cities with the same name as his home town.
4.15 **Wicked: One Wonderful Night** Cynthia Erivo and Ariana Grande celebrate the cultural impact of the movie musical *Wicked*.
6.00 **The 90s: Cinema's Greatest Decade** Alex Zane is joined by famous faces to look back at the era's best films.

7.00 SAS: Red Notice

7.00 **FILM SAS: Red Notice** Action thriller starring Sam Heughan and Ruby Rose. An off-duty SAS soldier attempts to thwart a terror attack on a Channel Tunnel train. With Tom Wilkinson. (2021, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Friends: The Reunion** One-off special in which Jennifer Aniston, Lisa Kudrow, Courteney Cox, David Schwimmer, Matt LeBlanc and Matthew Perry get together to reminisce about the hit comedy.
11.00 **Brassic** 1/6. Vinnie and the crew go up against a new gang.
12.00 M'T 2/6. Tommo heads to Germany in a bid to impress Hans's mum.
1.00 AM 3/6. Ronnie encounters his old bully. (S7)
2.00 **The Force: Manchester**
3.00 **Brit Cops: Frontline Crime UK**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
9.35 **Celebrity Dinner Date**
11.45 **Celebrity Wheel of Fortune**
12.45 PM **Deal or No Deal: Celebrity Special**
1.50 **Celebrity Catchphrase**
2.50 **FILM Johnny English Reborn** Comedy sequel with Rowan Atkinson and Gillian Anderson. (2011, PG, 101min) ★★★
4.55 **FILM Shrek Forever After** Animated adventure sequel with the voice of Mike Myers. (2010, U, 93min) ★★★★

4.55 Shrek Forever After

6.45 **FILM School of Rock** Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an elite private school and attempts to turn his young pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **FILM Bridesmaids** Comedy with Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman tries to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. (2011, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Family Guy** 6/22. Stewie adopts a turtle as a new pet.
12.05 AM 7/22. Meg becomes infatuated with a popular boy at school. (S11)
12.30 **American Dad!** (S18)
1.35 **The Stand Up Sketch Show**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **The Darling Buds of May**
10.30 **Agatha Christie's Marple**
2.30 PM **Agatha Christie's Why Didn't They Ask Evans?** 1/3. Mystery starring Will Poulter and Lucy Boynton.
3.40 2/3. Bobby and Frankie are convinced a shocking death thought to be suicide was actually murder.
4.55 3/3. Frankie and Bobby approach the heart of a dark conspiracy and their suspicions fall on the menacing figure of Dr Nicholson.

2.30 Why Didn't They Ask Evans?

6.10 **Midsomer Murders** *The Killings at Badger's Drift:* Barnaby uncovers a web of secrets as he investigates a death.
8.05 **Midsomer Murders** *Faithful Unto Death:* Barnaby investigates when the wife of the businessman behind a failed craft centre project goes missing, only for her husband to subsequently be murdered. Guest stars Roger Allam.
10.05 **Vera** *Fast Love:* DCI Vera Stanhope investigates when a market trader is found dead following a collision with a car.
12.00 M'T **Lewis** *Down Among the Fearful:* Following the murder of a psychologist who was moonlighting as a psychic, Lewis struggles to unravel the victim's baffling double life. Guest stars Sanjeev Bhaskar.
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Recent top-flight action, including Celtic v Rangers at Celtic Park.
8.45 **Sacked in the Morning** With former Scotland goalkeeper Alan Rough.
9.00 **Annie Lennox at the BBC** A look back at archive performances by the singer-songwriter.
10.00 **Annie Lennox: Diva** Andrea Miller interviews the singer-songwriter and former member of Eurythmics, who talks about her life as well as her personal and musical relationship with Dave Stewart.
10.30 PM **to 12.00** M'T **Eurythmics at the BBC** Archive performances by Annie Lennox and Dave Stewart.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Entourage** (S3)
11.00 **The Office (US)** (S9)
4.30 PM **Sex and the City** Eight episodes of the sitcom, including at:
5.45 3/18. Carrie bumps into Big's fiancée.
6.15 4/18. Guest stars Alanis Morissette.
6.50 5/18. Samantha faces racial prejudice and Charlotte embarks on a new love affair.
7.25 6/18. Miranda counts her conquests.
7.55 7/18. Charlotte falls into the arms of an eligible doctor.
8.25 8/18. Carrie has more surprise run-ins with Big. (S3)
9.00 **Micky Flanagan: If Ever We Needed It** Stand-up performance.
10.15 **Jack Dee: Small World** A stand-up show at the London Palladium.
11.45 **Romesh: Can't Knock the Hustle**
1.15 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **A Swan Lake**
8.00 **Tales of the Unexpected**
9.00 **Alfred Hitchcock Hour**
10.00 **Cirque du Soleil: Corteo**
12.00 NOON **The Music of Buddy Holly and the Crickets** Documentary.
2.00 PM **Paul Simon: Live at Webster Hall, New York**
4.00 **Tina Turner: One Last Time – Live at Wembley Stadium**
6.00 **Cliff Richard and the Shadows: The Final Reunion** From 2009.
8.50 **Bee Gees: One Night Only** The Gibb brothers perform their greatest hits at the MGM Grand.
11.00 **Billy Joel: Live in Rome**
1.30 AM **Fleetwood Mac: Live in Boston**
3.45 **The Great Songwriters**
4.45 **Discovering: U2**
5.10 **Discovering: Crosby, Stills, Nash & Young**
5.35 **to 6.00** AM **Discovering: Neil Young**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
2.00 PM **FILM A Match in Manhattan** Drama starring Kalinka Petrie. (2024, PG, 90min) ★★
4.00 **Micro Monsters with David Attenborough**
5.00 **Secret World of Sound with David Attenborough**
6.05 **David Attenborough's Galapagos** David reveals the differences between the 19 islands.
7.00 **Stargate Origins: Catherine** Sci-fi adventure prequel starring Ellie Gall.
9.00 **FILM Ruthless** Action thriller starring Dermot Mulroney. (2023, 15, 92min) ★★★
11.00 **Caught on Dashcam**
1.00 AM **Night Cops**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Deal or No Deal Celebrity Special** With *Coronation Street* star Simon Gregson.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestants take on the Banker.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Romesh Ranganathan's Parents' Evening** Comedy game show in which celebrities team up with family members, with the first edition featuring Gabby Logan, Pete Wicks and Krishnan Guru-Murthy.
10.00 **Tipping Point** Triple bill of the quiz show.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

6.10 AM **Home to Roost**
7.10 **Highway to Heaven**
11.00 **Man About the House**
1.00 PM **Man About the House** 2-5/7. (S3)
3.00 **FILM George and Mildred** Comedy spin-off. (1980, PG, 93min) ★
5.00 **FILM Bless This House** Comedy spin-off. (1972, U, 89min) ★★
6.55 **FILM Please Sir!** Zany comedy spin-off starring John Alderton. (1971, PG, 97min) ★★★
9.00 **FILM Midnight in St Petersburg** Spy thriller starring Michael Caine. (1995, 15, 86min) ★★
11.00 **FILM Bullet to Beijing** Espionage thriller sequel starring Michael Caine. (1995, 15, 101min) ★★
1.25 AM **Man About the House** 4/6. (S2)
2.05 **Highway to Heaven**
5.00 **to 6.00** AM **Man About the House**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.25 **The Protectors**
6.55 **Motorsport Mundial**
7.25 **The Big Match Revisited**
8.25 **Champions: Full Gallop**
9.30 **Racing: The Opening Show**
10.30 **The Sweeney**
11.35 **Made in Britain**
12.35 PM **Cadfael**
2.15 **The Return of Sherlock Holmes** Triple bill.
5.40 **Sharpe** *Sharpe's Waterloo:* Harper and Sharpe help to defeat Napoleon.

7.45 The Avengers

7.45 **FILM The Avengers** Offbeat thriller based on the cult TV series, starring Ralph Fiennes, Uma Thurman and Sean Connery. Secret agent John Steed and scientist Dr Emma Peel try to thwart a megalomaniac villain's efforts to control the world's weather. (1998, 12, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.35 **FILM First Blood** Action adventure starring Sylvester Stallone. Vietnam veteran John Rambo runs foul of some small-town cops. (1982, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Startup** New episode 6/10. Izzy finds a promising lead. (S1)
12.25 AM **The Sweeney**
1.25 **Giant Lobster Hunters**
2.15 **Auto Mundial**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 17-20/26. (S4)
3.00 PM **Primeval** 8/10. A perilous mission into the future is launched to save Jack.
4.00 9/10. Danny rescues a mysterious woman.
5.00 10/10. Danny, Abby and Connor face a journey through several anomalies. (S3)
6.00 1/7. Connor and Abby finally return from the Cretaceous period. (S4)

3.00 Primeval

7.00 **FILM Ice Storm** Sci-fi action thriller starring Tyler Christopher. When a devastating winter storm freezes over the whole of North Carolina, experts are called in before the East Coast is destroyed. (2022, 12, 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **FILM TimeCop** Sci-fi action thriller starring Jean-Claude Van Damme. A 21st-century TimeCop discovers that an unscrupulous US senator is manipulating the past to his own advantage. With Mia Sara. (1994, 18, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **FILM Alien Apocalypse** Sci-fi thriller. (2005, 15, 88min) ★★
1.00 AM **From the Earth to the Moon** 10/12. Lunar geologists compete for ranking.
2.05 11/12. The astronauts' wives band together.
3.10 12/12. The Apollo 17 mission is launched. (S1)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.30 AM **Murdoch Mysteries** (S7)
10.20 **Inspector George Gently**
12.20 PM **Death in Paradise** 6/8. A water taxi driver is killed.
1.40 7/8. The team must prove Neville's innocence after Professor Cartwright's murder.
3.00 8/8. A calypso singer's husband is murdered. (S12)
4.20 1/8. Commissioner Patterson is targeted by an assassin at a party.
5.40 2/8. A game of bingo at a care home ends in murder. Guest stars Hayley Mills. (S13)

9.00 Death in Paradise

6.40 **Death in Paradise** *Serving Up Murder:* 3/8. A famous chef is poisoned at the grand opening of his latest hotel.
8.00 **Death in Paradise** *Murder Most Electric:* 4/8. The discovery of a dead body leads to a hidden world of data mining.
9.00 **Death in Paradise** *As the Sun Sets...* 5/8. Marlon receives a call from an old fan who claims he has been hurt. (S13)
10.00 **Allegiance** *8x6:* 8/10. An encounter with a former convict lands Sabrina in the middle of a murder interrogation. (S1)
11.00 **Dark Winds** 4/8. Chee pays Manuelito a visit after discovering a link between their cases, while Leaphorn pursues a fugitive suspect. (S3)
12.00 M'T **Death in Paradise** 3&4/8. Double bill. (S13)
2.40 **to 3.25** AM **Black Sands**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.40 PM **Only Fools and Horses** Christmas special from 1993. Toothache forces Del to visit the dentist, but the prospect of receiving a filling is the last thing on his mind when the receptionist falls for him.
3.25 1/2. Del Boy and Rodney get the chance to leave Peckham behind for a holiday in the Florida sun.
4.35 2/2. The Trotters arrive in America and promptly suffer a setback when their camper van is burgled.

3.25 Only Fools and Horses

6.30 **Only Fools and Horses** Christmas special from 1992. Del Boy goes eco-friendly and launches a bottled water business.
8.00 **Only Fools and Horses** Christmas special from 1993. A nagging toothache forces Del Boy to visit the dentist, but the prospect of getting a filling is the last thing on his mind when the receptionist falls for him.
9.50 **Only Fools and Horses** 1/2. The Trotters get a chance to escape Peckham for a holiday in the Florida sun – but it means Del leaving his newborn son behind.
11.00 **Only Fools and Horses** 2/2. The Trotters arrive in America and promptly suffer a setback when their camper van is burgled, and a Mafia gang target Del Boy.
12.50 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **James May's Things You Need to Know** The brain.
7.50 **James May: The Reassembler**
8.55 **Top Gear** An epic road trip along America's east coast.
10.25 **World's Most Dangerous Roads** Mike Wozniak and Ola Labib visit the Namib desert.
11.25 **Red Bull Soapbox Race**
1.30 PM **Ghosts** Six episodes.
5.10 **Would I Lie to You?** Triple bill of editions, including at:
6.30 With guests Jack Whitehall, Emily Maitlis, Jim Carter and Armando Iannucci.

9.00 Superstore

7.10 **Gavin & Stacey** First episode of the comedy. Stacey travels from Wales to London to meet Gavin.
7.45 Gavin is beside himself after the couple have their first lovers' tiff.
8.25 The couple celebrate their engagement with a party in Billericay.
9.00 **Superstore** 1/11. Comedy. A new employee makes a terrible first impression.
9.30 2/11. Cheyenne and her fiancé create a jingle.
10.00 **Superstore** 3/11. Jonah is tasked with giving out flu shots in the pharmacy.
10.30 4/11. Cheyenne considers putting her baby up for adoption. (S1)
11.00 **Not Going Out** Triple bill of the comedy starring Lee Mack.
12.55 AM **Would I Lie to You?**
1.30 **Australian Ninja Warrior**
3.00 **Meet the Richardsons**
3.30 **to 4.00** AM **Ghosts**

+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **George Clarke's Old House, New Home**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **FILM Dad's Army** Comedy spin-off starring Arthur Lowe. (1971, U, 95min) ★★★★
3.55 **LIVE Football: AFCON** The first last-16 match. Kick-off is at 4.00.
6.00 **Amazing Spaces: George's Icelandic Adventure** The best of Iceland's architecture.
6.55 **LIVE Football: AFCON** The second last-16 game. Kick-off is at 7.00.
9.00 **Judi Dench: Shakespeare, My Family and Me**
10.00 **Big Fat Quiz of the Year** With Jimmy Carr.
12.00 M'T **Gogglebox**
1.35 AM **FILM Happiest Season** Comedy. (2020, 12, 102min) ★★★★
3.30 **to 4.50** AM **The Great New Year Bake Off**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Murder, She Wrote**
10.20 **Blue Bloods** (S5)
3.10 PM **NCIS** Seven episodes, including at:
5.00 *Caught on Tape:* 15/23. A Marine is found dead at the foot of a cliff.
6.00 *Pop Life:* 16/23. A bartender wakes up next to a corpse.
7.00 *An Eye for an Eye:* 17/23. Two human eyeballs are sent to a petty officer's home.
8.00 *Bikini Wax:* 18/23. A swimsuit contest leads to murder.
9.00 *Conspiracy Theory:* 19/23. An officer's apparent suicide is investigated. (S2)
10.00 **Law & Order: Special Victims Unit** (S16)
1.50 AM **Instinct** 8/13. (S1)
2.45 **Law & Order: Criminal Intent** 14/22. (S1)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Car Pound Cops**
10.30 **Call the Bailiffs: Time to Pay Up** Four editions.
2.35 PM **FILM Into the Storm** Disaster movie with Richard Armitage. (2014, 12, 89min) ★★
4.25 **FILM Geostorm** Sci-fi thriller, starring Gerard Butler, Jim Sturgess and Abbie Cornish. (2017, 12, 105min) ★
6.30 **FILM Jupiter Ascending** Sci-fi action adventure starring Mila Kunis and Channing Tatum. (2015, 12, 122min) ★★
9.00 **FILM Prometheus** Sci-fi action thriller starring Noomi Rapace, Michael Fassbender and Charlize Theron. (2012, 15, 124min) ★★★
11.25 **Accused** 1/15. (S1)
12.25 AM **The Good Wife**
3.10 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **World's Strongest Man** Five editions.
2.00 PM **World's Strongest Man 2025: The Final** Highlights from the Grand Final held at California State Railroad Museum in Sacramento.
3.30 **FILM Dallas** Western starring Gary Cooper. (1950, U, 90min) ★★
5.25 **FILM El Dorado** Western starring John Wayne and Robert Mitchum. (1966, PG, 126min) ★★★★
8.10 **FILM Hondo** Western starring John Wayne and Geraldine Page. (1953, PG, 84min) ★★★★
10.00 **FILM Open Range** Western directed by and starring Kevin Costner, co-starring Robert Duvall. (2003, 12, 139min) ★★★★
12.55 AM **Terror at 30,000 Feet** Triple bill.
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad** Five editions, including at:
5.00 Emergency services respond to a shooting outside a mosque.
6.00 The team are called to help defuse a bomb in Wakefield.
7.00 The crew deal with an acid attack on the streets of Bradford.
8.00 **One Born Every Minute** A couple grow more anxious with each day on the labour ward.
9.00 The midwives deal with a baby boom.
10.00 **The Supervet** A Jackahuahua puppy is in need of emergency spinal surgery.
11.00 **Bradford on Duty**
12.25 AM **Louis Theroux: Life on the Edge**
1.35 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
8.40 **Pie in the Sky**
11.40 **Father Brown**
12.40 PM **New Tricks**
3.00 **Jonathan Creek**
5.00 **The Chelsea Detective**
7.00 **The Brokenwood Mysteries** *Here's to You, Mrs Robinson:* 6/6. Kristin leads the inquiry into a 1970s-themed party where several partygoers turn up dead. (S7)
9.00 **Whitechapel** 1/3. Thriller starring Rupert Penry-Jones as a detective hunting a modern-day serial killer mirroring the crimes of Jack the Ripper. (S1)
10.00 **The Inspector Lynley Mysteries** *For the Sake of Elena:* A Cambridge lecturer's deaf daughter is found murdered.
12.00 M'T **New Tricks**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

SATURDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** The team transform wooden slatted blinds. **7.00** The team transform discarded drawers and two chairs. **8.00** At Witley Recycling Centre in Surrey, Sarah Moore comes across a drum kit to repurpose.
9.00 **My Lottery Dream Home** Double bill.
10.00 **NEW SERIES Celebrity IOU** Courteney Cox calls on Jonathan and Drew to give back to her close friend with a new baby.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout**
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **Bullseye** Nine editions of the darts-based quiz.
8.00 **The Chase Celebrity Special** Featuring *Emmerdale* stars Anthony Quinlan, Louisa Clein, James Moore and Dominic Brunt. **9.00** With guests Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase** Double bill of the quiz show.
4.00 **The Chase Celebrity Special** Featuring guests Greg Rusedski Kym Marsh, Tracey Cox and Louie Spence.
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

6.00 AM **Cops Uncut**
7.15 **Emergency Rescue: Air, Land & Sea**
8.10 **Wild West Chronicles**
9.10 **FILM Any Gun Can Play** Western. (1967, 12) ★★
11.30 **FILM The Return of Frank James** Western. (1940, U) ★★★★
1.30 PM **FILM Gunfighters** Western. (1947, PG) ★★
3.30 **FILM 7th Cavalry** Western adventure. (1956, U, 77min) ★★★
5.15 **FILM Forty Guns** Western drama. (1957, b/w, PG, 76min) ★★★
7.05 **FILM Backlash** Western. (1956, PG, 84min) ★★★
9.00 **FILM 6 Bullets** Thriller. (2012, 15, 109min) ★★
11.25 **FILM Blowback** Thriller. (2022, 15, 93min) ★★
1.25 AM **FILM Night Hunter** Thriller. (2018, 15) ★★
3.40 **FILM Johnson County War** (2002, 12) ★★
5.10 **to 6.00** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

6.00 AM **FILM Pretty Little Stalker** (2018, PG) ★★
7.35 **Hart to Hart**
8.30 **Diagnosis Murder**
9.30 **FILM Signed Sealed Delivered** (2013) ★★
11.25 **FILM Time to Start Livin'** (2014, PG) ★★
1.20 PM **FILM Second Chances** (2014, PG) ★★
3.15 **FILM Reconcilable Differences** Mystery. (2014, 12, 87min) ★★
5.10 **FILM Freedom to Give** Mystery. (2014, PG) ★★
7.05 **Family Reunited**
9.00 **Mortal Mishaps**
10.55 **FILM A Lesson in Murder** (2024, PG) ★★
12.50 AM **FILM A Mother Betrayed** (2015, PG) ★★
2.35 **FILM Killing Your Daughter** (2019) ★★
4.00 **FILM Too Late to Say Goodbye** Thriller. (2009, PG, 95min) ★★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

6.10 AM **FILM Christmas Overtime** (2024, U) ★★
8.00 **FILM My Sweet Holiday** Drama. (2020, PG) ★★
10.05 **FILM Hearts of Christmas** (2016) ★★
12.00 NOON **FILM Christmas in Palm Springs** Drama. (2014, PG, 84min) ★★
2.00 PM **FILM Christmas in the Caribbean** Comedy. (2022, PG, 90min) ★★
4.00 **FILM Christmas in Paris** Drama. (2019, PG) ★★
6.00 **FILM Christmas on 5th Avenue** (2021, PG) ★★
8.00 **FILM A Christmas Break** Drama. (2020, PG) ★★
10.00 **FILM A Christmas Mission** (2020, PG) ★★
11.55 **FILM The Christmas Swap** (2016, PG) ★★
1.50 AM **FILM Puppy Love for Christmas** (2021) ★★
3.30 **FILM Christmas in the Caribbean** As 2.00pm.
5.00 **to 6.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **Star Maidens**
8.00 **70s vs 80s Rewind Hits**
9.00 **The Champions** (S1)
10.00 **The Last Days of Pompeii** 3/3. (S1)
11.45 **Doctor Who: The Doctors** Documentary
1.05 PM **Britannia**
1.50 **We Had One of Those**
2.00 **Shine on Harvey Moon**
3.00 **That's My Dog**
3.30 **Star Maidens**
4.00 **70s vs 80s Rewind Hits**
5.00 **The Champions** (S1)
6.00 **Boon** 3/13. (S2)
7.00 **Star Maidens**
7.30 **The Brian Conley Show**
8.00 **Shine on Harvey Moon**
9.00 **McCallum**
10.00 **FILM Sex and the Other Woman** Comedy. (1972, 18, 105min) ★★
11.45 **Stereo Underground**
12.45 AM **The Last Days of...**
2.30 **FILM Horror Hospital** Horror. (1973, 18) ★
4.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** Featuring a man who hoards everything from light fixtures to cars. **8.00** A woman whose extreme hoarding forced her son to move out.
9.00 **Jack and Kelly Osbourne: Night of Terror** Jack and Kelly Osbourne set out on a terrifying three-day investigation of the ocean liner *Queen Mary*.
11.00 **Unexplained: Caught on Camera** Zak Bagans discovers a secret room that is full of surprises.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Gok Wan's Easy Asian** Six editions.
9.00 **Jamie's One-Pan Wonders** Eight editions.
1.00 PM **Jamie's Quick & Easy Food** Eight editions.
5.00 **James Martin's Islands to Highlands** James is joined by Paul Ainsworth to explore Dorset. **6.00** James is joined by Monica Galetti for a journey around Oxford. **7.00** The chef travels to south Wales to meet chef Stephen Terry. **8.00** James and chef Gareth Ward tour mid Wales, visiting a farm where the Wagyu cattle are fed on local beer. **9.00** James is joined by Tessa Bramley on a visit to England's first National Park, the Peak District.
10.00 **Diners, Drive-Ins and Dives** Eight editions.
2.00 **to 3.00** AM **Man v Food**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Wyvern** Monster movie. (2009, 15, 84min) ★★
9.00 **Charlie's Angels** (S4)
2.00 PM **FILM Jory** Western. (1972, 12, 97min) ★★
4.05 **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
6.00 **FILM The Virginian** Western starring Trace Adkins and Ron Perlman. (2014, 12, 90min) ★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Mechanic: Resurrection** Action thriller sequel starring Jason Statham. (2016, 15, 98min) ★★
11.00 **FILM Desperado** Thriller with Antonio Banderas. (1995, 18, 105min) ★★★
1.05 AM **FILM Officer Down** Crime drama starring Stephen Dorff. (2013, 15, 93min) ★★
3.00 **to 5.00** AM **FILM First Kill** Action thriller. (2017, 15, 97min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **Impact** Drama.
10.00 **FILM Troy: The Odyssey** Fantasy with Dylan Vox. (2017, PG, 90min) ★★
12.00 NOON **FILM Princess of Mars** Sci-fi adventure. (2009, 12, 90min) ★★
2.00 PM **FILM The Day the Earth Stopped** Sci-fi action thriller starring C Thomas Howell. (2008, 15, 90min) ★★
4.00 **Andromeda** (S5)
9.00 **FILM The Sweeney** Action thriller based on the iconic 1970s TV series, starring Ray Winstone and Ben Drew. (2012, 15, 112min) ★★★
11.15 **FILM Bushwick** Thriller starring Dave Bautista and Brittany Snow. (2017, 15, 94min) ★★
1.10 **to 3.00** AM **FILM Seal Team VI: Journey into Darkness** Fact-based drama with Ken Gamble. (2008, 18, 99min) ★★

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn: Behind the Deal**
6.20 **Hardcore Pawn**
8.20 **Pawn Stars**
10.20 **Alien Corridors**
11.20 **Ancient Aliens**
1.15 PM **The Proof Is Out There** Four editions.
3.15 **Nostradamus: 21st Century Prophecies Revealed** Documentary.
5.00 **Forbidden History**
7.00 **Empire Builders** Epic, violent and bloody struggles in Mexico. **8.00** How the War of Independence charts the struggle by Mexicans to break free.
9.00 **Holy Marvels with Dennis Quaid** Stories of sacred and holy relics.
10.00 **Clash of Ancient Warriors** How a Parisian army repelled the Vikings.
11.00 **Mysteries from Above**
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **UFO Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Britain's Greatest Bridges** Britannia Bridge.
9.15 **Murder, She Wrote**
7.00 PM **Murder, She Wrote** *Who Killed JB Fletcher?* A fan assumes Jessica's identity to investigate goings-on at a dog show. **8.00** *The Taxman Cometh:* A factory owner is suspected of foul play.
9.00 **Stonehenge: The Discovery with Dan Snow** The historian pieces together the story of the ancient monument in Wiltshire.
10.30 **Pompeii: The Discovery with Dan Snow** Investigating how the preserved city was found.
12.00 M'T **Discovering Atlantis with Dan Snow**
1.30 AM **The Terracotta Army: The Discovery with Dan Snow**
3.00 **Titanic: Draining the Wreck** Documentary.
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Fixer to Fabulous**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Celebrity IOU**
7.00 **Celebrity IOU** Actor Allison Janney wants to surprise her assistant with the help of Jonathan and Drew Scott. **8.00** Kris Jenner, Kim Kardashian and Kendall Jenner turn a family friend's backyard into a stunning oasis. **9.00** LeAnn Rimes calls on Jonathan and Drew to help her friend. **10.00** Darren Criss turns his manager's garage into a luxurious space. **11.00** Kevin Hart wants to create a man cave for his trainer and friend. **12.00** M'T Melissa McCarthy gives back to her aunt and uncle.
1.00 **to 4.00** AM **Building Alaska**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Flip or Flop**
9.00 **Say Yes to the Dress: Lancashire**
10.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Cowboy Dusten has a painful lump on his knee. **8.00** Eric hopes Dr Lee can remove the growth from his backside.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Flip or Flop**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** Sitcom.
8.00 PM **Friends** 23&24/24. The gang visit Barbados to hear Ross address a convention. (S9)
9.00 **FILM Working Girl** Romantic comedy starring Melanie Griffith, Harrison Ford and Sigourney Weaver. (1988, 15, 113min) ★★★★
11.20 **FILM Kevin & Perry Go Large** Comedy spin-off. (2000, 15, 82min) ★★
1.00 AM **Kevin Bridges: A Whole Different Story**
2.00 **Russell Howard: Live at the London Palladium**
3.00 **Al Murray Live: Barrel of Fun** Stand-up show.
3.45 **Jack Whitehall: Comedy Central Live**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Most Ridiculous**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** 7&14/22. (S1)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.30 **Everybody Loves Raymond** (S1)
5.00 PM **Mr Bean** (S1)
9.00 **Friends** 2/24. Chandler falls asleep in a meeting. **9.30** 3/24. Monica accepts a job offer from a renowned restaurant. **10.00** 4/24. Monica makes a startling discovery about Chandler. **10.30** 5/24. The pals look forward to Phoebe's birthday dinner. (S9)
11.00 **Friends** 7&8/24. (S9)
12.00 M'T **Al Murray: Beautiful British Tour – Live at the O2**
2.30 AM **South Park**
3.45 **Jimmy Carr: Comedy Central Live** Stand-up.
4.30 **Jimmy Carr's Am I the A**hole?** Panel show.
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.35 **The Very Best of Ronnie Barker**
9.35 **Steptoe and Son** (S1)
1.20 PM **Minder** (S2)
6.35 **Russ Abbot's Madhouse**
7.10 **Cannon and Ball** With Kenny Lynch.
7.55 **Minder** *A Tethered Goat:* 4/11. A Lebanese man hires Terry. (S1)
9.00 **Benidorm** 6/7. Madge comes to terms with her health. (S6)
10.00 **Shameless** 2/10. Frank's new boss tries to get him fired. (S10)
11.00 **Minder** 4/11. (S1)
12.05 AM **Benidorm** 6/7. (S6)
1.05 **Shameless** 2/10. (S10)
2.05 **The Kenny Everett Video Show**
2.35 **Man About the House**
3.05 **Duty Free** (S2)
3.30 **The Osbournes**
4.00 **Cold Feet** (S1)
4.50 **to 6.00** AM **British Railway Journeys**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 4/14. (S5)
6.20 **Dallas Cowboys Cheerleaders**
9.00 **Teen Mom: The Next Chapter** Four editions.
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **7.00** Michael is a reality TV star that has fallen in love with his online girl. **8.00** Nev and Kamie cross digital borders to hunt the identity of a mystery man.
9.00 **Skin A&E** Dr Nelson is shocked by a patient's attempt to treat a cyst.
10.00 **FILM The Snowman** Crime drama based on Jo Nesbø's novel, starring Michael Fassbender, Rebecca Ferguson and Charlotte Gainsbourg. (2017, 15, 109min) ★★
12.00 M'T **Black Ink Crew**
2.45 AM **Catfish: Scammed**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **Mystery at Blind Frog Ranch** Six editions.
12.00 NOON **Gold Divers** *Reaper Nation* hits deeper waters. **1.00** PM A catastrophic storm rips through Nome. **2.00** Nome is left forever changed by a storm. **3.00** Shawn hunts for a new spot as the fleet attempt to pick up the pieces. **4.00** Chris faces horrible visibility issues underwater. **5.00** Kris must stay laser-focused on his mission.
6.00 **Gold Rush** Documentary.

12.00 Gold Divers

7.00 **Gold Rush** Over six short months, the Klondike's gold miners battle nature's wrath in order to uncover millions in gold.
8.00 **Alaskan Bush People** The Wolfpack vow to make Christmas happier than ever for the newest generation.
9.00 **Marooned with Ed Stafford** Ed faces the arid savannah and dense jungles along Colombia's Orinoco River.
10.00 **In the Eye of the Storm** When a tornado outbreak strikes Texas and Kansas in 2022, eyewitnesses capture the chaos.
11.00 **Animals on Drugs** In a meth hotspot, drugs fuel aggressive alligators. Forrest Galante investigates and attempts to rehabilitate a 'meth gator.'
12.00 M'T **Moonshiners**
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat who has soaked his home in urine. **4.00** A cat terrorising a family about to bring home a baby.
5.00 **Treehouse Masters** Pete Nelson designs a glamorous glamping retreat in Texas.
6.00 **Saved by the Barn** Dwight the cow is taken to Indiana to undergo hydrotherapy.

8.00 Extinct or Alive

7.00 **How Do Animals Do That?** How an incredible snake has learnt to fly. **7.30** The real story behind a flamingo's colour
8.00 **Extinct or Alive** Forrest Galante sets off on a dangerous, shark-infested search for the extinct Caribbean monk seal.
9.00 **Mountain Monsters** The hunters embark on a search for Jeff after he is drawn away by a mysterious cloaked figure.
10.00 **Tanked** Brett and Wayde race against the clock to build rapper and actor Ludacris a classy tank with lots of exotic fish.
11.00 **Alaska: The Last Frontier** A festive edition of the homesteading reality series.
12.00 M'T **The Steve Irwin Story** Exploring the life and career of the Australian naturalist.
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ultimate Supercar**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Europe from Above**
1.00 PM **Lost Treasures of Rome**
4.00 **Architects of the Ancient World** The secrets hidden in some of the world's most impressive buildings.
5.00 **Air Crash Investigation** Investigators struggle to gain access to the remote site where a Santa Barbara Airlines flight crashed in 2008.
6.00 **Seconds from Disaster** The ill-fated *Hindenburg* airship.

9.00 Car S.O.S

7.00 **Churchill's German Army** Examining the stories of Germans who fought for the Allies during World War Two.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all.
9.00 **Apocalypse: The Fall of Hitler** In 1944, the Allied forces took over the West as the Nazis retreated in the East.
10.00 **Nazi Child Soldiers** The history of the Hitler Youth, which absorbed all other organisations for young German people.
11.00 **WW2: Hell Under the Sea** Documentary charting the stealth game of subsea warfare.
12.00 M'T **Sinkholes: Swallowed Alive** How sinkholes have swallowed cars, buildings and almost buried a woman alive.
1.00 AM **Air Crash Investigation**
4.00 **to 5.00** AM **Food Factory**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
8.00 **Full Custom Garage**
11.00 **Storage Wars**
2.00 PM **Secrets of Great British Castles** Dan Jones explores the history of Dover Castle. **3.00** The Tower of London. **4.00** Warwick Castle.
5.00 **Nazi Murder Mysteries** Some of the most shocking and unusual cases connected with the regime's bloody reign. **6.00** A look into theories surrounding the death of Hermann Goering.

9.00 Original Gangsters

7.00 **Airport Security: USA** At San Francisco airport, officers intercept a drug mule carrying a suitcase of marijuana.
8.00 **Airport Security: USA** Law enforcement and customs officers receive a tip-off on two drug trafficking suspects.
9.00 **Original Gangsters with Sean Bean** Focusing on the Peaky Blinders, loosely based on a real urban youth gang.
10.00 **Original Gangsters with Sean Bean** The actor shines the spotlight on Al Capone, Alcatraz's most famous resident.
11.00 **Hazardous History with Henry Winkler** The actor explores the most ill-advised and risky household products. **11.55** The dangerous work practices that people once endured for a living.
12.55 AM **Paranormal Survivor**
2.55 **Storage Wars** Triple bill.
4.10 **to 6.00** AM **Airport Security: USA**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys** Four editions.
8.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
1.00 PM **The Thin Blue Line**
3.40 **'Allo 'Allo!** Sitcom.
4.15 **Porridge** The inmates go on the hunt for a thief. **4.55** Fletch decides to sort out Godber's torrid love life. **5.35** Mackay takes a holiday.
6.10 **Red Dwarf** Lister triggers the ship's self-destruct sequence. **6.45** Kryten finds a mutated photo-developing fluid.

8.00 Guy Martin's D-Day...

7.20 **Red Dwarf** Kryten discovers his expiry date is less than 24 hours away, prompting Lister and Rimmer to plan a party.
8.00 **Guy Martin's D-Day Landing** The presenter undertakes a challenge to restore a plane from World War Two, and recreate a parachute jump into Normandy, as thousands of Allied soldiers did during D-Day.
10.00 **Bangers & Cash** Dave and Jack head to East Yorkshire to pick up a dusty Alfa Romeo and a 1930s Jowett.
11.00 **Bangers & Cash** Derek picks up a lovingly restored 1925 Calthorpe motorbike that he thinks is more of a work of art than anything ever produced by Picasso. **12.00** M'T Derek picks up a veteran 1904 Swift.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Quest

144 149 137 12 144 17

6.00 AM **Wheeler Dealers World Tour** Double bill.
8.00 **Richard Hammond's Workshop** Four editions.
12.00 NOON **Mike Brewer: Born Dealer**
3.00 PM **Shed and Buried: Classic Cars**
8.00 **Shed and Buried**
9.00 **Massive Engineering Mistakes** In Kansas City, bad weather brings down the roof of a state-of-the-art stadium. **10.00** In Pennsylvania, a vital bridge collapses.
11.00 **Mystery at Blind Frog Ranch** The team search for new access points to the underground cavern system. **12.00** M'T The team find mysterious ancient markings on a cliffside.
1.00 AM **Mysteries of the Missing** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Lancashire**
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Diabolical: Deadly Love** Six editions.
9.00 **The Murder Tapes** New edition Police search for a killer at a mobile home park in Lansing, Michigan.
10.00 NEW SERIES **Police 911: Michigan** Detectives investigate the masked shooter of 15-year-old Milli Penn.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Frontier: Evil In Alaska** When a nurse goes missing, her loved ones worry something is terribly wrong. **8.00** When a national guardsman is killed, investigators discover a complex past.
9.00 **To Catch a Killer** Multiple suspects are found in the murder of Donna Jean Awcock. **10.00** How Margaret McWilliam was murdered while jogging. **11.00** The squad look at suspects in the unsolved murder of David Buller. **12.00** M'T The story of Jackie English.
1.00 AM **Fatal Frontier: Evil in Alaska** Triple bill.
4.00 **Wrongly Accused**
4.55 **to 5.45** AM **Written in Blood**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Bloodline Detectives** The death of Carol Sue Klaber. **1.00** PM The 1970 case of court reporter Nancy Bennallack. **2.00** The murder of Robin Brooks in 1980. **3.00** A woman is found brutally murdered in New Mexico in July 1987. **4.00** The death of Isabel Sanchez Bernal, whose skull was found by a man walking his dog in Mammoth Lakes. **5.00** The discovery of a body by a group of road workers on the interstate disrupts the tranquility of a small town. **6.00** In Sierra Nevada in 1977, a horseback ride turns into a nightmare.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Caught Red Handed**
12.00 NOON **Myth of the Zodiac Killer** Double bill.
2.25 PM **World's Most Evil Killers** Derrick Todd Lee.
3.20 **Killer in My Village**
5.10 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** The fragments of evidence that helped piece together what happened to 15-year-old Karen Price.
8.00 **Murder Next Door**
10.00 **Face to Face with Scott Peterson**
1.00 AM **Britain's Most Evil Killers** Andrew Dawson.
2.00 **How I Caught the Killer**
3.00 **Murder Uncut**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Los Angeles: Stories from the City**
10.25 **Agatha Christie: 100 Years of Poirot & Miss...**
11.55 **Ancient Secrets of Althorp with Charles...**
1.00 PM **Secrets of the Royal Palaces** Eight editions, including at: **7.55** The development of Buckingham Palace.
8.50 **Agatha Christie: 100 Years of Poirot & Miss Marple** A look at the writer's life and 10 of her most famous books.
10.20 **Ancient Secrets of Althorp with Charles Spencer** The 9th Earl Spencer searches for evidence of a lost Anglo Saxon village in the grounds of his ancestral home.
11.25 **Grand Tours of the Scottish Islands**
12.00 M'T **to 2.00** AM **Agatha Christie: 100 Years of Poirot & Miss Marple**

7 PM
8 PM
9 PM
10 PM

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Clint Eastwood**
7.00 **Discovering: Michael Caine**
8.00 **The Directors**
9.00 **History of the Sitcom**
1.00 PM **The Ringleader: The Case of the Bling Ring**
3.00 **Music Box: Counting Crows** Documentary exploring how the rock band navigated fame while staying true to their art.
5.00 **I Am Patrick Swayze** A tribute to the American actor.
6.50 **My Icon: Leon Pryce**
7.00 **Bright Lights: Starring Carrie Fisher and Debbie Reynolds** Documentary charting the mother-daughter relationship of the Hollywood stars.
9.00 **The Bee Gees: How Can You Mend a Broken Heart** Documentary exploring the history of the group.
11.10 **FILM Amy** Director Asif Kapadia's portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
1.40 AM **The Comedy Store**
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Extreme Africa**
7.00 **Africa's Hunters**
9.00 **Baby Animals** Triple bill.
10.30 **Secrets of the Enchanted Waters** Double bill.
12.30 PM **David Attenborough's Natural History Museum Alive**
2.00 **Great Barrier Reef with David Attenborough** Triple bill.
5.00 **Wild Survivors** Triple bill.
8.00 **Battle of the Alphas** An insight into the struggle for dominance in the natural world.
8.30 The conflicts between the animals of Australia.
9.00 **Jaguar Journals**
10.00 **City Wildlife Rescue** A mother and her ducklings are rescued.
10.30 The staff care for baby bunnies injured in a dog attack.
11.00 The centre's skunks try to avoid getting their shots.
11.30 A baby mink is abandoned in a store.
12.00 M'T **Battle of the Alphas**
1.00 AM **Jaguar Journals**
2.00 **Extraordinary Animals**
3.00 **to 6.00** AM **Survival of the Beast**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging for Britain**
1.00 PM **Britain's Secret Islands**
2.00 **Ancient Aliens**
4.00 **Secret Wars Uncovered**
6.00 **Digging for Britain**
7.00 **Britain's Secret Islands** A visit to Rathlin Island to explore a Neolithic stone tool factory.
8.00 **What on Earth?** A strange sighting in Germany points to secrets from the Cold War.
9.00 **Rome: Rise and Fall of an Empire** A look back at the emperor Aurelian's rise to power.
10.00 Exploring how Constantine I became the first Christian Emperor.
11.00 **Ancient Aliens** Whether aliens helped invent lethal weapons.
12.00 M'T Experts investigate macabre places which are associated with death.
1.00 AM **Hitler's Secret Sex Life**
2.00 **Evidence of the Unexplained**
3.00 **Secret Wars Uncovered**
5.00 **to 6.00** AM **Blown Away**

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Los Angeles** A young woman disappears after leaving her home for an audition.
7.00 Detectives investigate the brutal murder of an ex-teacher.
8.00 **The Real Murders of Atlanta** World champion boxer Vernon Forrest is gunned down.
9.00 **Murder at the Motel** Detectives discover the remains of a 42-year-old woman.
10.00 **Don't Open the Door** Tales of unsuspecting individuals whose lives are forever altered when a stranger knocks on the door.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **An Elephant's World**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The Schroeders save a fawn that fell off a cliff and find her a new home.
8.00 **Secrets of the Zoo: Tampa** The animal care staff train a female Malayan tiger and tend to a sassy sandhill crane.
9.00 A field trip explores safe routes for panthers, a babirusa date gets hog-wild, and the zoo fights back against a global pandemic.
10.00 **Asia's Killer Hornets** Insects that will sacrifice everything to help raise legions of grubs.
11.00 **Snakes in the City** A deadly black mamba has taken up residence in a house.
12.00 M'T **Northwoods Survival**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** A huge black hole that lies at the heart of the galaxy.
7.00 Theories surrounding the possibility of time travel, and ask whether it could ever be more than science fiction.
8.00 Exploring the limits of human knowledge and explaining the science behind the rules of the universe.
9.00 **HMS Ark Royal** Following life aboard the aircraft carrier.
10.00 The ship rescues stranded British passengers.
11.00 The crew of HMS *Ark Royal* call in a massive naval tanker to help refuel the vessel en route to the world's largest naval base in Virginia.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Blue Planet II**
1.00 PM **Attenborough and the Sea Dragon** Documentary.
2.00 **Blue Planet II** Four editions.
6.00 **Attenborough and the Sea Dragon** Examining the 200 million-year-old remains of an ichthyosaur found on Dorset's Jurassic Coast.
7.00 **Blue Planet II** Exploring the wildlife that live thousands of kilometres from land.
8.00 **Blue Planet II: Into the Blue** Footage of wildlife inhabiting underwater kelp forests.
9.00 **Blue Planet II** Footage of animals that live on the coast.
10.00 Exploring the impact of humans on aquatic wildlife.
11.00 **Attenborough and the Sea Dragon** As shown at 6.00pm.
12.00 M'T **Blue Planet II** As 7.00pm.
1.00 AM **Blue Planet II: Into the Blue** As shown at 8.00pm.
2.00 **Blue Planet II** Double bill.
3.50 **Attenborough and the Sea Dragon** As shown at 6.00pm.
4.40 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
10.00 **Disappeared in the Darkness: An ID Mystery** Heather Elvis.
12.00 NOON **Evil Stepmothers**
2.00 PM **Faking It: Tears of a Crime**
4.00 **The Killer in My Family**
6.00 **Blood Runs Cold** The story behind a mother's disappearance in 1979.
7.00 A case in which a young mother went missing, prompting her own mother to resolve to uncover the facts.
8.00 **Nightmare Next Door** The case of Michael Zammitti Jr.
9.00 **911: Did the Killer Call?** A wife is killed while calling 911 and her husband is shot in the leg.
10.00 **Body Cam** Arkansas officers are pinned down by a deadly gunman for four hours.
11.00 **The Curious Case of...**
12.00 M'T **Sin City Justice**
2.00 AM **Love, Honor, Betray**
3.00 **Love Kills** True-crime.
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Fifth Gear Recharged**
10.00 **FourWheeler**
11.00 **Goblin Works Garage**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Texas Metal** Triple bill.
8.00 **Garage Squad** It's a race against time to get a 1970 Duster ready for the owner's upcoming wedding day.
9.00 A Chevy Tri-Five that has been in the family for decades but hasn't moved in 17 years.
10.00 The owner of a 1966 Fairlane dreams of having it rumble back to life.
11.00 **Shed and Buried** Henry Cole and Sam Lovegrove rummage around sheds in Oxfordshire.
11.30 Henry and Sam head to Buckinghamshire.
12.00 M'T Pontiac ambulances, automotive sculptures and well-preserved motorbikes.
12.30 AM Henry and Sam meet a collector whose cottage is like a transport museum.
1.00 **to 5.00** AM **Fifth Gear Recharged**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.55 AM **Friendship** Comedy. (2025, 15, 100min) ★★★★
8.40 **Karate Kid: Legends** Drama sequel. (2025, 12) ★★★
10.20 **28 Years Later** As 8.00pm.
12.20 PM **PREMIERE Safe House**
2.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
3.45 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
5.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★

10.00 Safe House

8.00 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **PREMIERE Safe House** Thriller starring Lucien Laviscount and Holt McCallany. Six federal agents, forced into hiding after a terror attack, turn on each other when they suspect the mastermind is one of their own. (2025, 15, 90min)
11.40 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★
2.30 AM **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
4.00 **PREMIERE Safe House** (2025)
5.40 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Exclusives

303 303 403 503 517

6.50 AM **The Killer** As 5.10am.
9.00 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
11.20 **The Phoenician Scheme**
1.20 PM **The Fall Guy** Action comedy. (2023, 12) ★★★★
3.30 **Bad Boys: Ride or Die** Action comedy sequel with Will Smith. (2024, 15, 115min) ★★★
5.30 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy and Chris Hemsworth. (2023, 15, 148min) ★★★★

5.30 Furiosa: A Mad Max Saga

8.00 **The Phoenician Scheme** Wes Anderson's comedy starring Benicio del Toro and Mia Threapleton. A rich businessman and his daughter become the target of tycoons, terrorists and assassins. With Michael Cera. (2025, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Mickey 17** Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Venom: The Last Dance** Fantasy adventure sequel starring Tom Hardy, Chiwetel Ejiofor and Juno Temple. (2024, 15, 110min) ★★★
2.30 **Furiosa: A Mad Max Saga**
5.10 **to 7.25** AM **The Killer** Thriller starring Nathalie Emmanuel. (2024, 15, 125min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Little Women** Drama. (1994, U, 114min) ★★★
8.25 **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
10.10 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
12.00 NOON **The Bodyguard** Thriller. (1992, 15, 129min) ★★★
2.15 PM **I, Tonya** Biopic with Margot Robbie. (2017, 15, 119min) ★★★★
4.15 **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
6.20 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A banker convicted of murder forms a friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **Molly's Game** Fact-based drama starring Jessica Chastain. (2017, 15, 137min) ★★★★
12.45 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
3.00 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
5.25 **to 7.10** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

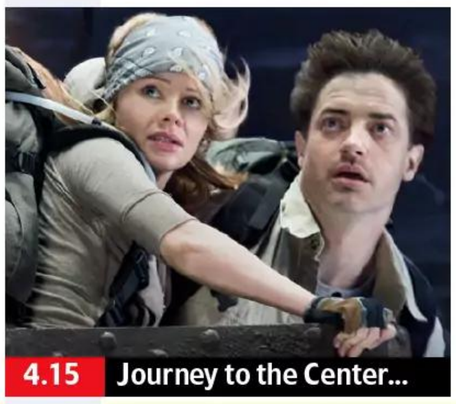
6.50 AM **The Cinema List: Men in Black Films**
7.05 **Us** As shown at 8.00pm.
9.05 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
11.45 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
1.50 PM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment. (2001, 12, 145min) ★★★★
4.20 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
6.05 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **Us** Horror thriller starring Lupita Nyong'o, Winston Duke, Evan Alex and Elisabeth Moss. (2019, 15, 116min) ★★★★
10.00 **Blade** Action adventure chiller starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff. (1998, 18, 121min) ★★★
12.05 AM **Bram Stoker's Dracula** Francis Ford Coppola's horror. (1992, 18, 123min) ★★★
2.15 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
4.10 **to 6.00** AM **Dark Skies** Thriller. (2013, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.10 AM **The Mountain** As 3.40am.
8.45 **SpongeBob Movie: Sponge Out of Water** (2015, U) ★★★
10.20 **Spider-Man 2** (2004) ★★★★
12.30 PM **Pokemon: Detective Pikachu** (2019, PG) ★★★★
2.30 **Harold and the Purple Crayon** (2024, PG) ★★★
4.15 **Journey to the Center of the Earth** (2008, PG) ★★
6.00 **Journey 2: The Mysterious Island** Adventure sequel. (2012, PG, 94min) ★★★


4.15 Journey to the Center...

7.40 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel starring Alexa Vega, Daryl Sabara and Carla Gugino. (2002, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.25 **Spy Kids 3: Game Over** Action comedy sequel with Daryl Sabara. A teen agent gets caught inside a fiendish video game. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.55 **Paul Blart: Mall Cop** Comedy starring Kevin James and Jayma Mays. (2009, PG, 91 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Peter Pan** Fantasy. (2003, PG, 113min) ★★★★
2.25 **Friend or Foe** Wartime drama. (1981, U, 70min) ★★★
3.40 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
5.15 **to 7.10** AM **Save the Cinema** Fact-based comedy drama. (2021, 12, 109min) ★★★

Sky Cinema Action

307 307 407 507 521

6.10 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
8.55 **Godzilla** (1998, PG) ★★★
11.15 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
1.40 PM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12, 142min) ★★★
4.05 **Twister** Disaster movie. (1996, PG, 114min) ★★★
6.00 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★

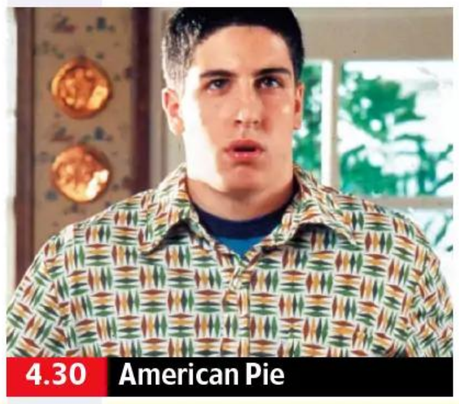
6.00 Terminator Salvation

8.00 **Godzilla x Kong: The New Empire** Fantasy adventure starring Rebecca Hall and Brian Tyree Henry. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.30 AM **Black Hawk Down** War drama starring Josh Hartnett. (2001, 15, 144min) ★★★
2.55 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
4.45 **to 7.00** AM **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **Blazing Saddles** Comedy. (1974, 12, 90min) ★★★★
8.55 **Alfie** (2004, 15) ★★★
10.45 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
12.45 PM **Two Weeks Notice** Comedy. (2002, 12) ★★★
2.30 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
4.30 **American Pie** Comedy. (1999, 15, 96min) ★★★★
6.10 **American Pie 2** Teen comedy sequel. (2001, 15) ★★★

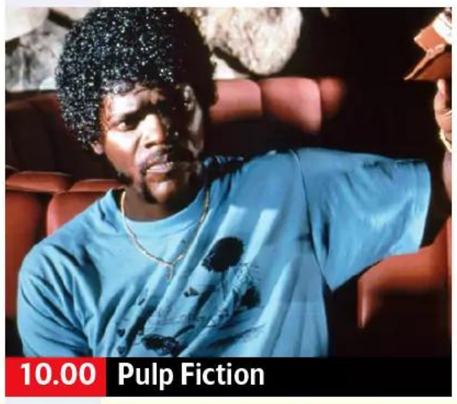

4.30 American Pie

8.00 **American Pie: The Wedding** Comedy sequel starring Jason Biggs and Alyson Hannigan. The old high-school friends rally round when two of the gang get married. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.40 **American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Wayne's World** Comedy with Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★
1.15 AM **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
2.55 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
5.10 **to 7.15** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★
9.25 **Split** As shown at 8.00pm.
11.25 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
1.15 PM **The Alto Knights** (2024)
3.20 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
5.05 **The Godfather Part III** Final chapter of Francis Ford Coppola's gangster saga. (1990, 15, 162min) ★★★★


10.00 Pulp Fiction

8.00 **Split** Mystery thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three young women are engaged in a fight for survival. With Haley Lu Richardson. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Pulp Fiction** Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **The Alto Knights** Crime drama starring Robert De Niro. (2024, 15, 123min) ★★★
2.50 **Hannibal** Horror chiller sequel. (2001, 18, 131 min) ★★★
5.10 **to 7.00** AM **Maggie Moore(s)** Comedy thriller with Jon Hamm. (2023, 15, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Babe** Comedy drama. (1995, U, 92min) ★★★★★
12.50 PM **Babe: Pig in the City** Comedy drama sequel. (1998, U, 96min) ★★★★
2.50 **Patrick** Family comedy. (2018, PG, 94min) ★★★
4.40 **My Spy** Action comedy. (2020, 12, 99min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

9.00 Peppermint

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Peppermint** Revenge thriller starring Jennifer Garner. An LA banker sets out on a one-woman vengeance mission after her husband and daughter are killed. With John Gallagher Jr, John Ortiz and Juan Pablo Raba. (2018, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

11.05 **Stand by Me** Nostalgic drama, set in the 1950s, about four boys on a trek to find a dead body. Stars Wil Wheaton, River Phoenix, Corey Feldman and Kiefer Sutherland. (1986, 15, 89min) ★★★★★
12.50 **to 3.15** AM **Deadpool 2** Action comedy sequel starring Ryan Reynolds and Josh Brolin. (2018, 15, 119min) ★★★★

10 PM

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Christmas

302 302 402 502 516

7.05 AM **The Night Before Christmas in Wonderland** Animation. (2024, U, 80min) ★★★★
8.35 **A Boy Called Christmas** Family adventure with Henry Lawfull. (2021, PG, 106min) ★★★★
10.25 **Almost Christmas** As 4.25am.
12.25 PM **All I Want for Christmas** Drama. (1991, U, 92min) ★★★
2.00 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
4.00 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
6.20 **Tidings for the Season** Romantic drama starring BJ Britt. (2025, U, 89min)
8.00 **Genie** Comedy starring Melissa McCarthy and Paapa Essiedu. (2023, PG, 93min) ★★★
9.35 **Daddy's Home 2** Comedy sequel with Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their own intrusive fathers. (2017, 12, 100min) ★★★
11.20 **12 Days of Christmas Eve** Comedy. (2022, PG) ★★★
1.00 AM **Maps and Mistletoe** Festive drama. (2021, PG, 85min) ★★★
2.45 **She's Making a List** Romantic comedy. (2025, U, 89min) ★★
4.25 **to 6.30** AM **Almost Christmas** Comedy. (2016, 12, 111 min) ★★

Sky Cinema Favourites

304 304 404 504 518

6.55 AM **I Am Legend** As 5.45am.
8.40 **Men in Black** As 12.20am.
10.20 **Men in Black II** As 2.10am.
12.00 NOON **Men in Black 3** (2012)
1.50 PM **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
4.00 **The Lost World: Jurassic Park** Steven Spielberg's monster thriller sequel with Jeff Goldblum. (1997, PG, 129min) ★★★
6.15 **Jurassic Park III** Adventure thriller sequel starring Sam Neill. (2001, PG, 92min) ★★★
8.00 **Jurassic World** Action adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
10.10 **Jurassic World: Fallen Kingdom** Adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
12.20 AM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
2.10 **Men in Black II** Sci-fi comedy sequel. (2002, PG, 88min) ★★★
3.50 **Men in Black 3** Comedy sequel. (2012, PG, 105min) ★★★★
5.45 **to 7.30** AM **I Am Legend** Sci-fi horror. (2007, 15, 101 min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Rock Dog 2: Rock Around the Park** (2021, U) ★★
9.00 **Rock Dog 3: Battle the Beat**
10.40 **Rango** Animated Western. (2011, PG, 103min) ★★★★
12.30 PM **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
2.25 **Flushed Away** Animation. (2006, U, 85min) ★★★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.40 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
7.10 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
8.45 **Bon Voyage, Charlie Brown** Animated family adventure. (1980, U, 70min) ★★
10.15 **The Inseparables** Animation. (2023, U, 90min) ★★★
11.55 **Into the Wonderwoods** Animation. (2024, U) ★★★
1.35 AM **The Canterville Ghost** Animation. (2023, PG) ★★
3.15 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
4.45 **to 6.25** AM **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U, 90min) ★★

Christmas 24

312 313 419

7.00 AM **A Magical Christmas Village** Fantasy. (2022, PG) ★★
9.00 **A Tale of Two Christmases** Comedy. (2022, PG, 84min) ★★
11.00 **The Mistletoe Secret** Romantic drama. (2019, PG, 83min) ★★
1.00 PM **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
3.00 **Holiday Touchdown: A Bills Love Story** Festive drama. (2025, PG, 90min) ★★
5.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
7.00 **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy starring Pascal Lamothe-Kipnes. (2024, PG, 84min) ★★
9.00 **A Novel Noel** Drama starring Julie Gonzalo and Brendan Penny. A book editor regains her passion for life and literature while running a small town book store. (2024, PG, 90min) ★★
11.00 **Designing Christmas With You** Drama. (2023, PG, 90min) ★★
1.00 AM **Trivia at St Nick's** Festive comedy starring Tammin Sursok. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Christmas in Maple Hills** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Every Day Except Christmas** Documentary.
6.45 **The Hostages** (1975, U) ★★
7.55 **The Black Arrow** 7/7. (S1)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 50/60. (S2)
9.30 **The Roy Rogers Show** (S2)
10.00 **Stingray** 6/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 4/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **The Giant Claw** Sci-fi chiller. (1957, PG, 75min) ★
1.35 PM **The Day Will Dawn** Thriller. (1942, b/w, U, 98min) ★★★
3.35 **Sea of Sand** Wartime drama. (1958, b/w, U, 97min) ★★★
5.35 **Cinebox Memories**
5.40 **Out of the Fog** Crime drama. (1962, b/w, PG, 69min) ★★
7.00 **Maigret** 2/13. (S3)
8.00 **A Family at War** 14/20. (S3)
9.00 **The Haunting of Julia** Horror. (1977, 15, 98min) ★★
11.00 **Crime Story** 2/7. (S1)
12.00 M'T **Eurotrash**
12.35 AM **Doll's Eye** (1982, 15) ★★
2.10 **Murder Mansion** Horror. (1972, 18, 86min) ★★
3.55 **Batman** 1/34. (S1)
4.25 **The Adventures of Sir Lancelot**
4.55 **The Roy Rogers Show** (S1)
5.30 **to 6.00** AM **Stingray**

SATURDAY Sport

3 January

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE United Cup Tennis Belgium v China and France v Switzerland.**
6.30 **LIVE United Cup Tennis Australia v Norway and USA v Argentina.** Coverage of the matches from Ken Rosewall Arena and RAC Arena, respectively.
11.30 **LIVE SPFL Celtic v Rangers.** The Scottish Premiership match at Celtic Park. Kick-off 12.30pm.
2.45 PM **LIVE SPFL Dundee United v Dundee.** Coverage of the Scottish Premiership match from CalForth Construction Arena at Tannadice Park. Kick-off 3.00pm.
5.00 **LIVE SNF Bournemouth v Arsenal.** Coverage of the Premier League match staged at Vitality Stadium. Kick-off 5.30pm.
8.00 **LIVE World Darts Championship** The final at Alexandra Palace in London.
11.00 **LIVE NFL** A week 18 match.
12.45 AM **NFL Bitesize Highlights**
1.00 **My Icon** Shaun Gayle.
1.10 **LIVE NFL** A week 18 fixture.
4.30 **to 6.00** AM **LIVE United Cup Tennis Germany v Netherlands and Great Britain v Japan.**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
6.30 **Premier League Review**
7.30 **Fantasy Show** Analysis and tips.
8.00 **Premier League Stories**
8.30 **Premier League: Big Interview**
9.00 **Premier League Review**
9.30 **Fantasy Football Countdown**
10.00 **Saturday Social**
11.00 **Premier League One on One**
11.30 **Premier League Review**
12.00 NOON **LIVE SNF Aston Villa v Nottingham Forest.** Coverage of the Premier League match from Villa Park. Kick-off 12.30pm.
3.00 PM **Sports Saturday**
5.00 **LIVE SNF Bournemouth v Arsenal.** Coverage of the Premier League match at the Vitality Stadium. Ryan Christie and Justin Kluivert both scored, the latter via the penalty spot, in a 2-0 win for the Cherries when they hosted the Gunners last term, who saw William Saliba sent off for the first time in his career after 30 minutes. Kick-off 5.30pm.
8.30 **Game of the Day**
10.30 **Premier League Highlights**
3.30 AM **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Play-off finals.
8.00 **EFL Greatest Games**
8.30 **Edinburgh Derby**
9.30 **SPFL** Rangers v Celtic.
10.00 **Saturday Social**
11.00 **Old Firm Derby Best Goals**
11.30 **LIVE SPFL Celtic v Rangers.** Coverage of the Scottish Premiership encounter from Celtic Park. Kick-off 12.30pm.
2.45 PM **LIVE SPFL Dundee United v Dundee.** Coverage of the Scottish Premiership match from CalForth Construction Arena at Tannadice Park. Kick-off 3.00pm.
6.00 **Dundee United: Champions 83**
6.30 **EFL League One Goals**
7.00 **EFL League Two Goals**
7.30 **EFL Highlights** Championship.
8.00 **SPFL** Celtic v Rangers.
10.00 **EFL Highlights**
11.00 **SPFL Highlights**
11.45 **EFL Greatest Games**
12.00 M'T **SPFL** A match replay.
2.00 AM **Best Scottish Premiership Goals** Archive highlights.
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Rivalries** East Midlands.
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson: 500th Wicket** From 2017.
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Sydney Thunder v Hobart Hurricanes.** Coverage of the T20 match at ENGIE Stadium, Sydney.
11.30 **LIVE SA20 Joburg Super Kings v Sunrisers Eastern Cape.** Coverage of the match staged at Wanderers Stadium in Johannesburg. The Super Kings claimed a nine-wicket win when the teams met here last season, easily surpassing the Sunrisers' total of 118 in just 14 overs.
2.30 PM **Best of ICC WT20**
2.45 **Best of Sky Cricket**
3.20 **LIVE SA20 Pretoria Capitals v Durban Super Giants.** Coverage of the match at SuperSport Park.
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Champs Official Film**
11.00 **TGL** Boston Common v LA.
1.00 PM **PGA Champs Official Film**
7.00 **PGA Champs Official Film 2016**
8.00 **PGA Champs Official Film 2017** From Quail Hollow Club.
9.00 **PGA Champs Official Film 2018** From Bellerive Golf Course.
10.00 **PGA Champs Official Film 2019** Highlights of the Bethpage Black Course in New York.
11.00 **TGL** Highlights from Boston Common v Los Angeles.
1.00 AM **PGA Champs Official Film**
5.00 **to 6.00** AM **PGA Championship Official Films**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE United Cup Tennis Belgium v China and France v Switzerland.** Coverage of the matches staged at Ken Rosewall Arena in Sydney and RAC Arena in Perth, respectively.
6.30 **LIVE United Cup Tennis Australia v Norway and USA v Argentina.** Coverage of the matches from Ken Rosewall Arena and RAC Arena respectively.
3.30 PM **ATP Tennis** Miami Open final.
3.45 **WTA & ATP Tennis**
4.00 **ATP Tennis** Hong Kong Open.
5.00 **United Cup Tennis** Day two.
11.00 **LIVE United Cup Tennis Germany v Netherlands.** Coverage of the match staged at Ken Rosewall Arena in Sydney.
2.00 **to 6.00** AM **LIVE United Cup Tennis Germany v Netherlands and Great Britain v Japan.** Coverage from Ken Rosewall Arena and RAC Arena respectively.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Isuzu UTE A-League Brisbane Roar v Wellington Phoenix.** Kick-off 6.00am.
8.00 **Premier League Preview**
8.30 **Kenny Allstar's Number 1's**
8.45 **LIVE Alpine Skiing** Run one of the women's giant slalom from Kranjska Gora, Slovenia.
10.30 **Premier League Preview**
11.00 **The Fantasy Show**
11.30 **Premier League Netbusters**
12.00 NOON **LIVE Alpine Skiing** Run two of the women's giant slalom.
1.00 PM **No Filter Rugby**
1.30 **The Gallagher PREM**
2.30 **LIVE The Gallagher PREM Bath v Exeter Chiefs.** The top-flight match at the Recreation Ground. Kick-off 3.05am.
5.15 **LIVE The Gallagher PREM Northampton Saints v Harlequins.** Coverage from cinch Stadium at Franklin's Gardens. Kick-off 5.30pm.
7.45 **Lions Uncut: Australia**
9.30 **TNT Sports Cricket Reload**
10.00 **The Edge** Fourth Ashes Test.
11.00 PM **to 6.00** AM **LIVE The Ashes Australia v England.** Coverage of day one of the fifth Test at Sydney Cricket Ground.

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE A-League Women Western Sydney Wanderers v Canberra United.** Kick-off 6am.
8.00 **TNT Sports Cricket Reload**
8.30 **LIVE Isuzu UTE A-League Melbourne City v Sydney FC.**
10.30 **TNT Sports Reload**
10.45 **LIVE Nordic Combined Skiing** In Schonach, Germany.
12.00 NOON **Kenny Allstar's Number 1's** With Michail Antonio.
12.15 PM **LIVE Cyclocross** Coverage from Gullegem in Belgium.
1.30 **Cyclocross** From Mol, Belgium.
2.00 **LIVE Cyclocross** In Gullegem.
3.30 **UIM F1H2O World Championship Highlights**
4.00 **Longines Jumping World Cup**
5.00 **TNT Sports Reload**
6.00 **Isuzu UTE A-League**
8.00 **Cyclocross** Recent action.
9.00 **Alpine Skiing** From Slovenia.
10.00 **Longines Jumping World Cup**
11.00 **The Gallagher PREM**
1.00 AM **Playing for Our Future**
1.15 **MotoGP Films**
2.30 **Isuzu UTE A-League**
4.30 **TNT Sports Reload**
4.45 **to 6.45** AM **LIVE A-League Women Adelaide United v Central Coast Mariners.**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **NFL Highlights**
3.00 **NFL Bitesize Highlights** Recent action, featuring Atlanta Falcons v Los Angeles Rams.
4.00 **NFL Highlights** Tampa Bay Buccaneers v Atlanta Falcons.
5.00 Two week 17 matches.
7.00 **NFL Highlights** Chicago Bears v Green Bay Packers.
8.00 **NFL Bitesize Highlights** Action from two week 17 matches.
8.30 Highlights from Atlanta Falcons v Los Angeles Rams.
8.45 Brief highlights of two fixtures in week 17 of the season.
9.15 **LIVE NFL** Coverage of a match from week 18 of the season.
12.45 AM **NFL Bitesize Highlights** Action from a week 17 fixture.
1.00 **My Icon** Former Chicago Bears defensive back and Super Bowl winner Shaun Gayle. discusses the individuals that have inspired him during his life.
1.10 **LIVE NFL** Coverage of another match in week 18 of the season.
4.30 **NFL Bitesize Highlights** Action from two week 17 matches.
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE United Cup Tennis Belgium v China and France v Switzerland.** Coverage of the matches from Ken Rosewall Arena and RAC Arena respectively.
7.30 **Sky Sports Breakfast**
9.00 **LIVE United Cup Tennis Australia v Norway and USA v Argentina.** Coverage of the matches from Ken Rosewall Arena and RAC Arena respectively.
10.50 **LIVE SA20 Joburg Super Kings v Sunrisers Eastern Cape.** Coverage of the match staged at Wanderers Stadium in Johannesburg. The Super Kings claimed a nine-wicket win when the teams met here last season.
2.30 PM **Sports Saturday**
6.00 **Match Centre**
10.00 **LIVE NBA Basketball Miami Heat v Minnesota Timberwolves.** Coverage of the inter-conference match staged at Kaseya Center. Tip-off 10.00pm.
12.30 AM **Sky Sports Catch Up**
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA & ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **SA20** Recent highlights.
7.00 **Big Bash League**
8.00 **SA20** Paarl Royals v MI Cape Town.
9.00 **World Darts Championship**
10.00 **SA20** Recent action.
12.00 NOON **Big Bash League**
1.00 PM **SA20** Highlights.
2.00 **World Darts Championship**
4.00 **NFL Highlights**
5.00 **World Darts Championship**
8.00 **Big Bash League**
9.00 **SA20** Paarl Royals v MI Cape Town.
10.00 **Formula 1** The Qatar Grand Prix.
11.00 **World Darts Championship**
12.00 M'T **NFL Highlights**
2.00 AM **PGA Champs Official Film**
3.00 **EFL Greatest Games**
4.00 **World Darts Championship**
5.00 **to 6.00** AM **NFL Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **The Gallagher PREM**
8.00 **Ally's Social Club**
8.45 **LIVE A-League Women Brisbane Roar v Wellington Phoenix.** Coverage of the match at Kayo Stadium. Kick-off 8.45am.
10.45 **LIVE A-League Women Perth Glory v Newcastle Jets.** Coverage of the match staged at Sam Kerr Football Centre.
12.00 NOON **Reframe the Game**
12.15 PM **The Gallagher PREM**
1.15 **LIVE Ski Jumping** Coverage from Innsbruck in Austria.
2.45 **MotoGP** Highlights and features.
7.00 **UEFA Champions League**
9.00 **Dakar Rally Saudi Arabia**
10.00 **MLB Plays of the Year**
11.00 **Premier League Legends**
11.30 **UIM F1H2O World Championship Highlights**
12.00 M'T **Cyclocross** From Gullegem.
1.00 AM **Alpine Skiing** In Slovenia.
2.00 **Longines Jumping World Cup**
3.00 **to 6.00** AM **MotoGP Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Preview**
6.30 **The Fantasy Show**
7.00 **The Pioneers** With Thierry Henry.
7.30 **LIVE Luge** From Sigulda, Latvia.
8.30 **Premier League Netbusters**
9.00 **LIVE Luge** From Sigulda, Latvia.
10.00 **UEFA Champions League**
10.30 **LIVE Luge** From Sigulda, Latvia.
11.45 **LIVE Cross Country Skiing** From Fiemme Valley, Italy.
12.15 PM **UEFA Champions League**
12.45 **LIVE Luge** From Sigulda, Latvia.
1.45 **TNT Sports Reload**
2.00 **LIVE Nordic Combined Skiing** In Schonach, Germany.
2.30 **TNT Sports Reload**
2.45 **LIVE Nordic Combined Skiing** In Schonach, Germany.
3.15 **TNT Sports Cricket Reload**
4.00 **International T20 Cricket**
9.00 **TNT Sports Cricket Reload**
9.45 **Playing for Our Future**
10.00 **UFC** Highlights and features.
5.00 **to 6.00** AM **Cyclocross**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **FIM Sidecarcross**
8.00 **Scottish Rally Championship**
8.30 **Road to the Winter Classic**
9.00 **United Rugby Championship**
1.00 PM **LIVE United Rugby Championship Sharks v Lions.** Kick-off 1.30pm.
3.30 **Scottish Rally Championship**
4.00 **Champions Cup Highlights**
5.00 **LIVE United Rugby Championship Leinster v Connacht.** Coverage from Aviva Stadium. Kick-off 5.30pm.
7.30 **LIVE United Rugby Championship Glasgow Warriors v Zebre Parma.** Coverage from Scotstoun Stadium. Kick-off 7.45pm.
10.30 **Road to the Winter Classic**
11.00 **LaLiga** Elche v Villarreal.
1.00 AM **United Rugby Championship**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Vancouver Canucks v Boston Bruins.** Face-off 3am.

Premier Sports 2

420 552

6.00 AM **Elite Ice Hockey League**
8.00 **NHL Ice Hockey**
10.55 **LaLiga** Rayo Vallecano v Getafe.
12.55 PM **LIVE LaLiga Celta Vigo v Valencia.** Kick-off 1.00pm.
3.00 **LaLiga Match Highlights**
3.30 **NHL Ice Hockey**
4.30 **Transworld Sport** Magazine.
5.25 **LIVE United Rugby Championship Benetton v Edinburgh.** Kick-off 5.30pm.
7.30 **LaLiga Match Highlights**
7.55 **LIVE Top 14 Rugby Union Bordeaux Begles v Racing 92.** Coverage of the French top-flight encounter. Kick-off 8.00pm.
10.00 **Temples of Sport**
10.30 **Bike World** Recent action.
11.00 **NHL Tonight** The top 50 players.
12.00 M'T **LIVE NHL Ice Hockey Washington Capitals v Chicago Blackhawks.** From Capital One Arena. Face-off 12.00m't.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports Darts

407 407 516 506 424 444

6.00 AM **World Darts Championship**
1.00 PM **Darts Special: Beyond the Oche** Mental health discussion.
1.30 **World Darts Championship**
6.30 **World Darts Championship** Semi-finals at Alexandra Palace.
7.30 **LIVE World Darts Championship** Coverage of the final staged at Alexandra Palace in London, played over the best of 13 sets, as the players compete for the title won by Luke Littler last year. The teenage star known as 'The Nuke' was just 17 when he lifted the trophy last year following a 7-3 victory over three-time champion Michael van Gerwen.
11.00 **Darts Gold** Archive action.
11.30 **The Rise of MVG**
12.00 M'T **Greatest Leg: 2023 Final**
12.30 AM **World Darts Championship**
4.00 **Darts Gold** Archive action.
4.30 **30 Years of the World Champs**
5.00 **Gary Anderson: Back2Back**
5.30 **to 6.00** AM **PDC Classics**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

4 January

Evening Planner

Football

Premier League
TNT Sports & Sky Sports
A packed day in the top flight includes Fulham v Liverpool (k-o 3pm) and Manchester City v Chelsea (k-o 5.30pm).

Game Show

The Floor
ITV1, 8pm
Rob Brydon hosts this new game show, in which 81 contestants representing their own trivia category compete for £50k.

Thriller

The Night Manager
BBC1, 9pm
As the thriller continues, Jonathan (Tom Hiddleston) travels to Colombia to win the trust of arms dealer Teddy Dos Santos.

Reality

Celebrity SAS: Who Dares Wins
C4, 9pm
Fourteen celebrities, including Dani Dyer, take part in the tough SAS challenge.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Celebrity Escape to the Country		8.00 Antiques Roadshow		9.00 The Night Manager		10.00 News	10.30 Match of the...
	102 BBC2	◂ 6.45 Top Gear: Bolivia Special		8.00 Pilgrimage with Simon Reeve		9.00 The Million Pound Shaman Scam		10.00 Film: Back to Black	
	103 ITV1	◂ 6.30 The Masked Singer		8.00 The Floor		9.00 Red Eye		10.00 News	10.15 Film: Pretty Woman
	104 CHANNEL 4	◂ 6.30 Inside the...	7.30 The Great Pottery Throw Down			9.00 Celebrity SAS: Who Dares Wins		10.00 First Dates Beach Club	
	105 5	◂ 5.30 NFL: Big Game Night – Live					9.30 Film: Con Air		
	106 SKY SHOWCASE	7.00 Rob & Romesh vs the Jungle		8.00 Rob & Romesh vs Shakespeare		9.00 Evil			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 The Traitors			
	116 BBC4	7.00 Winterwatch 1963: The Big Freeze		8.00 Film: Rear Window				9.50 Hitchcock at the NFT	
	118 ITV2	◂ 6.25 Film: Jurassic World				9.00 Film: Fast & Furious Presents Hobbs & Shaw			
	136 MORE4	◂ 6.50 Four in a Bed	7.55 The Dog House			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	◂ 5.20 Film: Mary Poppins Returns		8.00 The Simpsons		9.00 Film: The Lost City			
	107 SKY WITNESS	7.00 Caught on Dashcam				9.00 Law & Order: Criminal Intent		10.00 Doc	
	108 SKY ATLANTIC	◂ 6.40 Game of Thrones							
	110 U&GOLD	7.00 Only Fools and Horses							
	111 U&DAVE	◂ 6.40 Mortimer & Whitehouse: Gone...		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 5.50 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	◂ 6.50 Film: Field of Dreams				9.00 English Football League Highlights			10.35 Film: Escape...
	112 COMEDY CENTRAL	7.05 Film: Bring It On				9.00 Film: Jerry Maguire			
	152 SKY SCI-FI	7.00 Film: America Is Sinking				9.00 Film: Johnny Mnemonic			
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil			
	109 U&ALIBI	7.00 Death in Paradise		8.00 Return to Paradise			9.20 Death in Paradise		
	124 SKY ARTS	◂ 5.30 Cream Reunion Concert		8.00 Film: Sherlock Holmes in Washington			9.20 The Rolling Stones: Bridges to Bremen		
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners: Master Distiller						10.00 Mud Madness	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People: Book of Gabe		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Incas: The Rise and Fall		9.00 Lost Tomb of Genghis Khan		10.00 Lost Tombs of the Pyramids	
	123 SKY HISTORY	7.00 Royal Murder Mysteries				9.00 Royal B**tards: Rise of the Tudors			
	155 U&YESTERDAY	7.00 The Blue Planet		8.00 Blue Planet II: Into the Blue		9.00 Blue Planet II		10.00 Bangers & Cash	
	121 SKY DOCS	◂ 5.50 Film: Robin Williams: Come Inside...		8.00 I'm Chevy Chase and You're Not				10.00 I Am Richard Pryor	
FILMS - Sky Cinema	301 PREMIERE	◂ 5.10 Mission: Impossible – The Final...		8.00 28 Years Later				10.00 Safe House	
	302 CHRISTMAS	◂ 6.20 A Make or Break Holiday		8.00 Tinsel Town				9.50 Love Actually	
	303 EXCLUSIVES	◂ 5.40 Kraven the Hunter		8.00 Venom: The Last Dance				10.00 The Accountant	
	304 FAVOURITES	◂ 5.55 Spider-Man		8.00 Spider-Man 2					10.10 Spider-Man 3
	305 ANIMATION	◂ 5.45 Smurfs...	7.30 The Adventures of Tintin: The Secret of the Unicorn				9.20 Extinct		
	306 FAMILY	◂ 6.00 Babe	7.45 The Golden Compass					9.45 The Last Airbender	
	307 ACTION	◂ 5.35 The Amazing Spider-Man 2		8.00 The Fall Guy					10.20 Indiana Jones and the...
	308 COMEDY	◂ 6.05 American Reunion		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	309 THRILLER	◂ 5.45 Sherlock Holmes: A Game of...		8.00 Jaws				10.05 Dog Day Afternoon	
	310 DRAMA	◂ 5.50 The King's Speech		8.00 Amadeus					
	311 SCI-FI	◂ 6.00 Men in Black 3		8.00 I Am Legend				9.55 Salem's Lot	
	313 FILM4	7.05 See How They Run				9.00 Assassin Club			
SPORT	401 MAIN EVENT	◂ 5.25 Super Sunday – Live: Manchester City v Chelsea		8.15 NFL – Live: Coverage of two week 18 matches					
	402 PREMIER LEAGUE	◂ 5.00 Super Sunday – Live: Manchester City v Chelsea			8.30 Super Sunday: Extra Time		9.30 PL 100 Club	10.00 Premier League Highlights	
	403 FOOTBALL	◂ 6.30 EFL			8.30 EFL Cup Highlights		9.30 SPFL Highlights	10.00 EFL Highlights	
	405 CRICKET	7.00 Big Bash League		8.00 SA20		9.00 Big Bash League		10.00 SA20	
	410 TNT SPORTS 1	◂ 6.30 Serie A	7.30 Serie A – Live: Inter Milan v Bologna (Kick-off 7.45)					10.00 The Ashes	
	411 TNT SPORTS 2	◂ 6.30 One Day International Cricket			8.30 Cricket Reload	9.00 UIM F1H2O...	9.30 Reload	10.00 The Gallagher PREM	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
8.00 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Bargain Hunt** (S)(R)
10.50 **Homes Under the Hammer** (S)(R)
11.20 FILM **The Boss Baby 2: Family Business** Animated comedy sequel with the voice of Alec Baldwin. (S) (2021, PG, 100min) ★★
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Escape to the Country** (S)(R)
2.30 **Amanda & Alan's Greek Job** 1/8. The duo renovate a property on the Greek island of Corfu. (S)(R)(AD)
3.00 FILM **Ghostbusters II** Action comedy sequel starring Bill Murray. (S)(AD) (1989, PG, 100min) ★★★
4.40 **Wild London** (S)(R)(AD)
5.40 **BBC News** (S)
5.50 **Local News** (S)

8.00 Antiques Roadshow

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

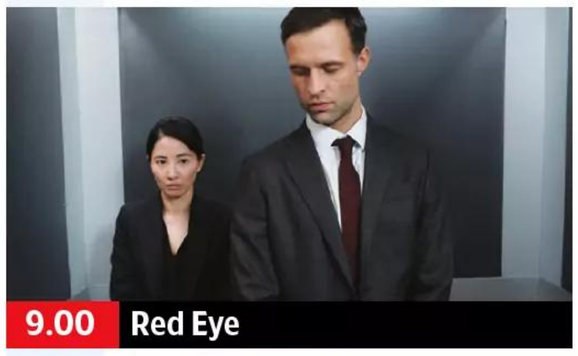
6.05 AM **Richard Osman's Festive House of Games** (S)(R)
6.35 **Take a Hike** (S)(R)
7.05 **Countryfile** (S)(R)
8.00 **Breakfast** (S)
9.00 **My Kind of Town** New editions (S)
10.00 **Saturday Kitchen Best Bites** New edition With Rob Brydon. (S)
11.30 **Mary Berry: Love to Cook** (S)(R)
12.00 NOON **This Farming Life** (S)(R)
1.00 PM **Natural World: Nature's Perfect Partners** (S)(R)(AD)
1.55 FILM **Chariots of Fire** Oscar-winning sports drama starring Ben Cross and Ian Charleson. (S) (1981, U, 120min) ★★★★★
3.55 FILM **The Searchers** Classic John Ford Western starring John Wayne. (S) (1956, U, 115min) ★★★★★
5.50 **Ski Sunday** All the latest news and action from the piste. (S)

9.00 The Million Pound Shaman Scam

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **The Masked Singer** (S)(R)(AD)
7.10 **Ainsley's Taste of the Bahamas** (R)
7.35 **Simply Raymond Blanc** (S)(R)
8.30 NEW SERIES **Jimmy & Shivi's Farmhouse Breakfast** (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 LIVE **Football: EFL** Birmingham City v Coventry City: Championship action from St Andrew's @ Knighthead Park. Kick-off 12.00. (S)
2.20 PM **ITV News** (S)
2.25 **Local News** (S)
2.35 FILM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure starring Harrison Ford. (S) (2008, 12, 135min) ★★★
4.50 FILM **The Super Mario Bros Movie** Animated adventure. (S)(AD) (2022, PG, 100min) ★★★



9.00 Red Eye

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.20 AM **The King of Queens** (S)(R)
8.05 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 22&23/24. (S6) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Sara Davies, Dani Dyer, Hammed Animashaun and Ivo Graham. Plus, music from Blessing Offor. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
3.00 **The Dog House** Compilation of highlights from the documentary, including a couple having to choose between a French bulldog and a nervous terrier. (S)(R)(AD)
3.45 **A Place in the Sun** Sara Damergi helps a woman from Doncaster find a dream holiday home on Spain's Costa del Sol. (S)(R)
4.45 **The Great New Year Bake Off** Pairs of bakers join forces to battle it out for the coveted New Year's cake stand. (S)(R)(AD)

6.30 Inside the World's Most...

6 PM

6.00 **Countryfile** New edition Hamza Yassin explores Loch Affric in the Scottish Highlands, uncovering the hidden ecosystem of interdependent wildlife beneath the surface. (S)(AD)

6.45 **Top Gear: Bolivia Special** Jeremy Clarkson, Richard Hammond and James May are sent to Bolivia, where they are challenged to travel through the rainforest and journey to the coast of Chile, driving second-hand off-road vehicles bought locally for a maximum of £3,500 each. Along the way, they encounter drug lords and feel the effects of altitude sickness as they negotiate the region's difficult roads. (S)(R)(AD)

6.30 **The Masked Singer** New edition 2/8. Joel Dommett hosts as the remaining six incognito celebrities enter the competition, with Arctic Fox, Conkers, Toastie, Teabag, Yak and Monkey Business taking to the stage, while Emperor Penguin fronts the Masked Band. With Maya Jama, Jonathan Ross, Davina McCall and Mo Gilligan. (S)(AD)

6.00 **News** (S)
6.30 NEW SERIES **Inside the World's Most Luxurious Hotels** A look behind the scenes in some of the most spectacular hotels worldwide. The first edition visits St Lucia, Monaco, London and Paris. (S)(AD)
7.30 NEW SERIES **The Great Pottery Throw Down** Siobhán McSweeney returns with the pottery challenge, joined by judges Keith Brymer Jones and Rich Miller. For their first task, the contestants make a soup set. The bucket of doom returns for the surprise second challenge, as the potters make galleried jars. (S)(AD)

7 PM

7.00 **Celebrity Escape to the Country** Series finale 6/6. Richie Anderson helps *Strictly Come Dancing* choreographer Neil Jones in his search for a home in the Yorkshire Dales. (S)

8 PM

8.00 **Antiques Roadshow** Series finale Fiona Bruce presents from the National Waterfront Museum in Swansea, where highlights include a painting by Ceri Richards and letters by Dylan Thomas. (S)

8.00 **Pilgrimage with Simon Reeve** 1/3. The author retraces journeys made by British pilgrims, beginning by travelling from the Holy Island of Lindisfarne to Canterbury. (S)(R)

8.00 NEW SERIES **The Floor** Rob Brydon hosts a game show in which 81 contestants compete in a high-tension battle of knowledge, nerve and strategy, aiming to take home the £50,000 prize. (S)

9 PM

9.00 **The Night Manager** New episode 2/6. Pine travels to Colombia to get inside Teddy dos Santos's operation and uncover the mystery of the Cartagena shipment. *See feature, page 7.* (S2) (S)(AD)

9.00 NEW SERIES **The Million Pound Shaman Scam** 1/2. Documentary about Hampstead fraudster Juliette D'Souza, who posed as a faith healer and conned her victims out of £1,000,000. (S)(AD)

9.00 **Red Eye** New episode 3/6. Tensions rise between Hana, Brody and Tillman over whether the guest's death was murder or a drunken accident. (S2) (S)(AD)
■ Continues tomorrow

9.00 NEW SERIES **Celebrity SAS: Who Dares Wins** Fourteen British and Australian celebrities – including Dani Dyer and Ben Cohen – face the challenge of their lives. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Manchester City v Chelsea at the Etihad Stadium and Leeds United v Manchester United at Elland Road. (S)
12.00 M'T **The Graham Norton New Year's Eve Show** The host rings in the new year in the company of guests Tom Hiddleston, Laura Dern, Will Arnett, Carey Mulligan, Tim Key and Owen Cooper. Plus, music by Alison Limerick. (S)(R)
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

10.00 FILM PREMIERE **Back to Black** Biopic starring Marisa Abela, Jack O'Connell and Eddie Marsan. The story of Amy Winehouse's life and career, following the development of her unique talent and passion. (S)(AD) (2023, 15, 115min) ★★★ *See review, page 25.*
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 **Amy Winehouse: Later... with Jools Holland** Jools takes a look back at the singer-songwriter's appearances on the show. (S)(R)
12.30 AM **Sign Zone: DIY SOS: Gladiators Special** (S)(R)(AD)
1.30 **Sign Zone: The Traitors** (S)(R)(AD)
2.35 **Sign Zone: Global Eye** (S)(R)
3.05 **to 6.30** AM **Previews** (S)

10.00 **ITV News** (S)
10.15 FILM **Pretty Woman** Romantic comedy starring Julia Roberts and Richard Gere. A multi-millionaire businessman and a Hollywood Boulevard prostitute fall in love. (S)(AD) (1990, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **The Hunting Wives** 3/8. Margo tries to win back Sophie, while the police make a chilling discovery in the case of the unidentified dead woman. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112 | 251

10.00 **First Dates Beach Club** New edition Joe and Emily reach a crossroads in their romance. Megan meets plumber Patrick, a man with plenty of strings to his bow. (S)(AD)
■ Continues tomorrow
11.05 **Gogglebox** Opinions on *Gladiators* and *The Apprentice*. (S)(R)(AD)
12.05 AM FILM **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. (S)(AD) (2011, 15, 115min) ★★★
2.00 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(SL)(R)
2.55 **Car S.O.S** (S)(R)(AD)
3.45 **Devon and Cornwall** (S)(R)(AD)
4.15 **to 6.00** AM **The Simpsons** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Cruising with Jane McDonald** The singer goes on a series of voyages around the world. (S)(R)
9.20 FILM **Miss Potter** Biopic starring Renée Zellweger. (S) (2006, PG, 110min) ★★★
11.10 FILM **Kinky Boots** Offbeat comedy starring Joel Edgerton and Chiwetel Ejiofor. (S) (2005, 12, 130min) ★★★★
1.20 PM FILM **Crocodile Dundee** Comedy adventure starring Paul Hogan and Linda Kozlowski. (S) (1986, 15, 110min) ★★★★★
3.10 FILM **Crocodile Dundee II** Comedy adventure sequel with Paul Hogan and Linda Kozlowski. (S) (1988, PG, 135min) ★★
5.25 **News** (S)

5.30 NFL: Big Game Night

5.30 LIVE **NFL: Big Game Night** Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of a match from the 18th and final week of regular-season fixtures. Tonight's coverage will also feature the 'game within a game' quiz element, whenever the NFL game stops in the US. (S)

9.30 FILM **Con Air** Action thriller starring Nicolas Cage, John Cusack and John Malkovich. When a prisoner transport plane is hijacked by a group of America's deadliest criminals led by Cyrus 'The Virus' Grissom, paroled convict Cameron Poe finds himself in the midst of the mayhem. With Steve Buscemi and Ving Rhames. (S)(AD) (1997, 18, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.40 **HMP Wakefield: Evil Behind Bars** Secrets of life inside one of the UK's toughest jails. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Your Dream Kitchen for Less**
3.45 **World's Most Scenic River Journeys** The Dordogne. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Big Cats Small World** Double bill. (S)(R)(AD)
8.00 FILM **Dragon Rider** Animated adventure featuring the voice of Felicity Jones. (S)(AD) (2020, PG, 91min) ★★★
9.45 **The Simpsons** (S)(R)
11.15 **Friends: The Reunion** The show's stars reminisce about the hit comedy. (S)(R)(AD)
1.15 PM **Wicked: One Wonderful Night** Celebrating the cultural impact of *Wicked*. (S)(R)(AD)
3.00 FILM **Blithe Spirit** Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. (S)(AD) (2020, 12, 95min) ★★★
5.00 **Rob & Romesh vs Bollywood** The comedians visit Mumbai with the aim of earning roles in a Bollywood movie. (S)(R)(AD)

3.00 Blithe Spirit

6.00 **Rob & Romesh vs Hip Hop** Rob Beckett and Romesh Ranganathan head to New York City to immerse themselves in the world of rap and meet Wu-Tang Clan's Raekwon. (S)(R)(AD)

7.00 **Rob & Romesh vs the Jungle** The comedians venture into the Sumatran jungle to find out if they can take a photo worth of entry to Wildlife Photographer of the Year. (R)

8.00 **Rob & Romesh vs Shakespeare** The duo prepare to perform in *Romeo and Juliet* at Shakespeare's Globe, with advice from Jessie Buckley and Martin Freeman. (R)

9.00 **Evil** *Genesis 1:* 1/13. Crime drama. The Catholic Church hires a forensic psychologist to determine whether a serial killer is possessed by a demon or a psychopath. (R)

10.00 **Evil** *177 Minutes:* 2/13. The team investigate a supposed miracle when a teenage girl comes back to life after being declared dead for almost three hours. (S1) (R) *Previously shown on U&Alibi.*

11.00 **Micky Flanagan: An' Another Fing Live** A 2017 stand-up show at London's O2 Arena. (S)(R)
12.45 AM **Micky Flanagan: Peeping Behind the Curtain** Following the comedian during his *An' Another Fing* tour. (S)(R)(AD)
2.00 **The Force: Manchester** (S)(R)
3.00 **Brit Cops: Frontline Crime UK**
4.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.40pm Back in the Day (S)(R) **5.10-5.40pm** Our Lives: Dolphin Town (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Tywysogion **10.00** Sean Fletcher: Cyfrinachau'r Llong **11.00** Sain Ffagan **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Pobl Harri Parri **12.30pm** Cartrefi Cymru **1.00** Y Deis **1.45** Y Deis: Nadolig **2.30** Gwladfa: Gwilym Bowen Rhys **4.45** Stuart Burrows: Brenin y Tenoriaid **5.30** Cefn Gwlad (AD) **6.30** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** NEW SERIES Dal y Mellt (AD) **10.00** Geraint Thomas: y Daith **11.00-11.35pm** Jess Davies

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Beales and Brannings celebrate Jimmy's christening. **7.30** A situation escalates at Jimmy's christening. **8.00** As New Year celebrations take over Walford, the Brannings turn on one of their own. **8.30** Max Branning finds himself in a dramatic situation on 1 January 2027.
9.00 **The Traitors** 1/12. Claudia Winkleman returns with the game of backstabbing and trust, as 22 people descend on Ardross Castle in the hope of winning £120,000.
10.05 **The Traitors** 2/12. Contenders try to increase the prize-pot in the mission.
11.10 **The Traitors** 3/12. The Faithful continue their mission to unmask the deadly traitors in their midst.
12.20 AM **The Traitors: Uncloaked** Triple bill.
1.50 **The Young Offenders**
3.25 **to 3.55** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Winterwatch 1963: The Big Freeze** An archive BBC documentary about the worst British winter of the 20th century.
8.00 FILM **Rear Window** Classic Hitchcock thriller starring James Stewart and Grace Kelly. A housebound photographer comes to believe his neighbour is a killer. With Thelma Ritter and Raymond Burr. (1954, PG, 112min) ★★★★★
9.50 **Hitchcock at the NFT** Alfred Hitchcock speaks to fellow director Bryan Forbes.
10.45 FILM **North by Northwest** Alfred Hitchcock's classic thriller starring Cary Grant as an ordinary business executive who inadvertently becomes embroiled in espionage and murder. With Eva Marie Saint. (1959, PG, 136min) ★★★★★
1.00 AM **Winterwatch 1963: The Big Freeze**
2.00 **Hitchcock at the NFT**
2.55 **to 3.45** AM **Michael Caine: Talking Pictures**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Come Dine with Me**
11.35 **A Place in the Sun**
3.05 PM **George Clarke's Beautiful Builds**
4.05 **George Clarke's Remarkable Renovations**
5.10 **Four in a Bed** The competition gets under way at Wizards Thatch in Alderley Edge, Cheshire. **5.40** A visit to the Winterbourne Hotel and Theatre Showbar, Blackpool. **6.15** The rivals head to the Northrise Lodge in Hastings.
6.50 **Four in a Bed** *Gogglebox* stars Stephanie and Dominic Parker play host at the Salutation in Sandwich, Kent. **7.25** Payment Day arrives.
7.55 **The Dog House** An eight-stone Newfoundland makes a good impression on one family.
9.00 **999: On the Front Line** Paramedics rush to save the life of a cyclist who has been crushed by a lorry in Leamington Spa, and in Coventry, a man is treated after falling from a barge.
10.00 **24 Hours in A&E** A young man is treated after coming off his motorbike and colliding with two cars.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Medical documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.00 **Modern Family**
7.25 **Don't Tell the Bride**
9.35 **Ramsay's Kitchen Nightmares USA**
1.30 PM FILM **PAW Patrol: The Movie** Animated adventure, with the voice of Tyler Perry. (2021, U, 86min) ★★★
3.15 **The Simpsons**
5.20 FILM **Mary Poppins Returns** Musical fantasy starring Emily Blunt, Dick Van Dyke and Meryl Streep. (2018, U, 130min) ★★★★
8.00 **The Simpsons** New episodes *Desperately Seeking Lisa:* Lisa has a blazing misadventure in the dark world of Capital City's downtown art scene. **8.30** *Shoddy Heat:* An unearthed corpse opens up a cold case from the 1980s.
9.00 FILM **The Lost City** Comedy adventure starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both of them in danger. With Daniel Radcliffe. (2022, 12, 112min) ★★★★
11.10 **The Inbetweeners**
12.15 AM **Gogglebox**
2.25 **Naked Attraction**
3.20 **Gogglebox**
4.10 **The Goldbergs**
5.00 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 | 306 | 30 | 123 | 256

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol** Four editions following customs agents on New Zealand's borders.
12.00 NOON **UK Border Force**
1.00 PM **Caught on Dashcam**
3.00 **Nothing to Declare** Six editions of the documentary series following the work of customs officers in Australia.
6.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

3.00 Nothing to Declare

7 PM

7.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **Law & Order: Criminal Intent** *Masquerade:* 6/22. Goren and Eames travel to Vietnam. Guest stars Liza Minnelli. (S6)

10 PM

10.00 **Doc** *Saints and Sinners:* 6/22. Michael is under investigation for his actions during the hostage crisis. (S2)
11.00 **Caught on Dashcam**
1.00 AM **Bull** 20/22. Jason receives a mysterious delivery. (S6)
2.00 **Watson** Series finale 13/13. John confronts Moriarty. (S1)
3.00 **Stop, Search, Seize**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S5&6)
12.20 PM **Game of Thrones** 3/10. Arya continues her training.
1.20 4/10. Jorah and Daario undertake a difficult task.
2.25 5/10. In the North, Brienne goes on a mission.
3.30 6/10. Jaime faces off with the High Sparrow.
4.30 7/10. Olenna Tyrell plans to leave King's Landing.
5.30 8/10. The High Sparrow eyes another target.
6.40 9/10. Davos loses something dear to him. (S6)

9.00 Game of Thrones

7.50 **Game of Thrones** *The Winds of Winter:* 10/10. As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. (S6)

9.00 **Game of Thrones** *Dragonstone:* 1/7. Jon organises the North's defences, while Cersei tries to even the odds.

10.10 **Game of Thrones** *Stormborn:* 2/7. Daenerys receives an unexpected visitor, while Jon faces resistance. (S7)
11.15 **Game of Thrones** 3/7. Jon and Daenerys finally meet.
12.25 AM 4/7. Arya is reunited with Sansa and Bran. (S7)
1.30 **Game of Thrones** 5&6/7. (S7)
4.05 **Richard E Grant's Hotel Secrets** From New Orleans.
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Rob & Romesh vs Shakespeare**
7.00 **Wicked: One Wonderful Night** Celebrating the musical.
9.00 **Stargate Origins: Catherine**
11.00 FILM **Stargate: Continuum** Sci-fi adventure spin-off. (2008, PG, 99min) ★★
1.00 PM FILM **Stargate: Ark of Truth** Sci-fi adventure spin-off. (2008, 12, 97min) ★★★
3.00 **Fear the Walking Dead** Four episodes, including at:
6.00 4/6. The family try to adapt to the new world. (S1)

9.00 Evil

7.00 **Fear the Walking Dead** *Cobalt:* 5/6. The National Guard's plan is revealed, while Travis and Madison face a difficult decision.

8.00 **Fear the Walking Dead** *The Good Man:* 6/6. As the dead take over, Travis and Madison devise ways to protect their families. (S1)

9.00 **Evil** *Genesis1:* 1/13. Crime drama with Katja Herbers. The Catholic Church hires a forensic psychologist to investigate a serial killer.

10.00 **Evil** *177 Minutes:* 2/13. Kristen, David and Ben investigate an apparent miracle when a teenage girl comes back to life. (S1)
11.00 **Brassic** 4/6. Curtis Plum revives his DJ persona.
12.00 M'T 5/6. The gang attempt to steal a corpse.
1.00 AM 6/6. Last episode. Davey MacDonagh finally loses with it with Joey Kittens. (S7)
2.00 **The Force: Manchester**
3.00 **Brit Cops: Frontline Crime UK**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Totally Bonkers Guinness World Records**
8.00 **Dress to Impress**
9.05 **Celebrity Dinner Date**
11.10 **Celebrity Catchphrase**
12.10 PM **Wheel of Fortune**
1.15 **The Masked Singer: Christmas Special**
2.50 FILM **Penguins of Madagascar** Animation. (2014, U, 88min) ★★★★
4.40 FILM **Kung Fu Panda** Animated family comedy. (2008, PG, 92min) ★★★★

4.40 Kung Fu Panda

6.25 FILM **Jurassic World** Action adventure sequel with Chris Pratt. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. (2019, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Fast & Furious Presents Hobbs & Shaw** Action adventure starring Dwayne Johnson and Jason Statham. Luke Hobbs and Deckard Shaw must put their differences aside and team up to stop a major terror threat. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Family Guy** 8/22. Peter tells the story of Christmas. (S11)
12.10 AM 6/21. Quagmire takes responsibility for a baby. (S8)
12.40 **American Dad!** (S10&18)
1.40 **Transaction** 1/6. (S1)
2.10 **Count Abdulla** (S1)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Agatha Christie's Marple**
8.10 **The Darling Buds of May**
10.30 FILM **Carry On Up the Jungle** Safari comedy starring Sidney James and Joan Sims. (1970, PG, 89min) ★★
12.20 PM **Midsomer Murders**
2.20 **Rosemary & Thyme**
3.50 **McDonald & Dodds**
5.50 **Agatha Christie's Marple** *Nemesis:* The spinster sleuth receives instructions from a recently deceased friend to investigate an unspecified possible crime.

3.50 McDonald & Dodds

Agatha Christie's Marple (started at 5.50pm)

8.00 **Midsomer Murders** *Death in Disguise:* Barnaby visits a new age commune, where a man with a connection to the leader's shady past has fallen to his death – just as a vast inheritance might be coming the group's way.

10.00 **Vera** *Tender:* Vera investigates a puzzling case after the body of a sickly young girl is found in the middle of nowhere.
11.50 **Red Eye** 1/6. DS Hana Li is summoned to investigate the murder of a US diplomatic courier at Heathrow.
12.50 AM 2/6. A call comes in threatening to blow an airliner out of the sky. (S2)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Last Stone** A look back at how Great Britain's women's curling team won Olympic gold in 2002.
8.15 **Sacked in the Morning** With former Wales forward Dean Saunders.
8.30 **Our Lives: Trick Pony Club** A look behind the scenes with Scotland's stunt horse team.
9.00 **Loch Ness: They Created a Monster** Exploring the story behind the legend.
10.30 **Still Game** 4/7. Boabby and Stevie vie for a pizza girl's affection. (S6)
11.00 **Scot Squad** 1/5. Squire and McGill go undercover. (S7)
11.30 PM **to 12.00** M'T **Scotland Stands Up** Stuart Mitchell hosts a night of a comedy.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Office (US)** (S2)
10.30 **Community** (S6)
1.10 PM **Community** (S6)
5.40 **Sex and the City** 9/18. Charlotte gets engaged.
6.20 10/18. Miranda discovers phone sex.
7.00 11/18. Carrie unexpectedly comes face to face with a love rival.
7.40 12/18. Charlotte has second thoughts about the wedding.
8.20 13/18. Carrie, Samantha and Miranda flee to Los Angeles. (S3)
9.00 **Amy Schumer: Live at the Apollo** Stand-up comedy show, focusing on food, sex and getting in shape.
10.15 **Glenn Moore: Will You Still Need Me, Will You Still Feed Me, Glenn I'm Sixty Moore** Stand-up performance.
11.30 **Nikki Glaser: Good Clean Filth** Stand-up.
12.45 AM **Community** (S6)
1.55 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM: 25th Anniversary Concert**
8.15 FILM **Little Dorrit Part 2: Little Dorrit's Story** Concluding half of the two-part version of Charles Dickens' novel. (1987, U, 181min) ★★
11.40 **Cats: The Musical**
1.40 PM **Nicola Benedetti & Friends** A concert by the violinist at the Ulster Hall.
3.05 **The World in a Painting – Manet's Lamps**
4.15 **Roy Orbison Forever**
5.30 **Cream Reunion Concert**
8.00 FILM **Sherlock Holmes in Washington** Mystery starring Basil Rathbone. (1943, b/w, U, 71min) ★★
9.20 **The Rolling Stones: Bridges to Bremen**
12.25 AM **The Who: The Kids Are Alright**
2.35 **Gimme Some Truth: John Lennon**
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Caught on Dashcam**
2.00 PM **Snow Leopards with Dan O'Neill**
4.00 **Attenborough's Journey** Documentary.
5.00 **Great Barrier Reef with David Attenborough**
6.00 **David Attenborough's Wild City** Exploring Singapore's islands.
7.00 **Elvis Presley: The Early Years** The singer's rise to fame.
8.00 **Elvis: Summer of '56** Footage of Elvis Presley when he was 21.
9.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens.
10.00 **Micky Flanagan: An' Another Fing Live**
12.00 M'T **Night Cops**
1.00 AM **Caught on Dashcam**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** Two friends from London, a couple from Eccles and a Belfast couple compete.
7.00 Two Birmingham friends, a mother and daughter from Birmingham and a pair of Hertfordshire sisters compete in the quiz.
8.00 An aunty and niece from Northern Ireland, and two married couples from Devon and Herfordshire take part.
9.00 **Romesh Ranganathan's Parents' Evening** Guests Alex Brooker, Jeff Brazier and Sophie Ellis-Bextor take part.
10.00 **Tipping Point** Triple bill.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

6.10 AM **Home to Roost**
7.10 **Highway to Heaven**
8.10 **Little House on the Prairie** 1/24. (S4)
9.20 **The Waltons**
11.35 FILM **A Wedding on Walton's Mountain** Family drama spin-off. (1982, U, 104min) ★★
1.50 PM FILM **Mother's Day on Walton's Mountain** Drama. (1982, U) ★★
4.05 FILM **A Day for Thanks on Walton's Mountain** Family drama spin-off. (1982, PG, 93min) ★★
6.20 FILM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
9.00 FILM **Airplane!** Spoof of air-disaster movies. (1980, 12, 86min) ★★★★★
11.00 **Dear John** 1-3/7. (S1)
1.00 AM **Home to Roost**
3.00 **Highway to Heaven**
5.00 **to 5.50** AM **Man About the House**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Protectors**
6.35 **Auto Mundial**
7.00 **Cadfael**
10.15 **The Big Match Revisited**
12.25 PM **Ninja Warrior UK**
1.25 **Made in Britain**
1.50 **Cadfael**
3.25 **The Return of Sherlock Holmes** Triple bill of the murder mystery, including at:
5.40 *The Six Napoleons:* An intruder begins breaking into people's homes and destroying their plaster statuettes of Napoleon.

6.50 Field of Dreams

6.50 **FILM Field of Dreams** Fantasy starring Kevin Costner as a farmer who hears a voice instructing him to build a baseball pitch for the ghost of a sporting legend. With James Earl Jones. (1989, PG, 106min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** Recent action, including Birmingham City v Coventry City and Queens Park Rangers v Sheffield Wednesday.

10.35 **FILM Escape from Alcatraz** Fact-based drama starring Clint Eastwood as a convict determined to break out of Alcatraz. (1979, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Giant Lobster Hunters**
1.40 **Minder**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
3.00 PM **Stargate SG-1** 3/22. A Goa'uld larva attaches itself to Kawalsky's brain. **4.00** 4/22. Samantha fights for equality on a planet where women are treated as possessions. **5.00** 5/22. The team undergo startling transformations. **6.00** 6/22. The team are assigned to investigate the disappearance of SG-9. (S1)

7.00 America Is Sinking

7.00 **FILM America Is Sinking** Action adventure starring Johnny Pacar and Michael Paré. The race is on to save North America when the melting of glaciers leads to extreme flooding, earthquakes and catastrophic tsunamis. (2023, PG, 80min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Johnny Mnemonic** Futuristic thriller starring Keanu Reeves as a 21st-century courier with a micro-chip in his brain who undertakes one final, dangerous mission. With Dolph Lundgren, Ice-T and Dina Meyer. (1995, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **FILM Post Impact** Sci-fi adventure starring Dean Cain and Joanna Taylor. A comet strikes the Earth and the explosion brings about a new ice age. (2003, 15, 91min) ★★
1.00 AM **FILM Jurassic Attack** Sci-fi action drama with Corin Nemec. (2013, 15, 83min) ★★
3.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** 4-6/18. Triple bill. (S7)
10.00 **Death in Paradise** (S13)
12.40 PM **Death in Paradise** Four episodes, including at: **4.40** 3/8. A famous chef is poisoned at the grand opening of his latest hotel. (S13)
6.00 **Allegiance** 8/10. A chance encounter with a recently released convict lands Sabrina in the middle of a murder interrogation where it seems only she can secure a confession in time. (S1)

8.00 Return to Paradise

7.00 **Death in Paradise** *Murder Going Down:* 6/8. A tourist is stabbed whilst travelling down one floor, all alone, in a hotel lift. (S13)

8.00 **Return to Paradise** *Curl Up and Dye:* 3/6. A hairdresser is found strangled to death in her locked beauty salon. (S1)

9.20 **Death in Paradise** *Murder Going Down:* 6/8. A tourist is stabbed whilst travelling down one floor, all alone, in a hotel lift.

10.20 **Death in Paradise** *A Tale of Two Islands:* 7/8. The team work between two islands to investigate the death of a tourist. (S13)
11.40 **Death in Paradise** 8/8. A passenger disappears from a flight to Dominica. (S13)
1.00 AM **Father Brown** *The Royal Visit:* A royal visit is jeopardised when a body is discovered.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Christmas special from 2001. The Trotters lose their millions. **2.30** Christmas special from 2002. The Trotters embark on a booze cruise to France. **4.05** Christmas special from 2003. The Trotters desperately need money. **5.40** The council reject Del Boy's application for a home improvement grant, but his spirits are raised by news of a fancy-dress party.

5.40 Only Fools and Horses

7.00 **Only Fools and Horses** Del buys a new manual to show him how to make positive decisions, but it only succeeds in helping the Trotters' finances hit an all-time low.
8.20 **Only Fools and Horses** Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune at auction.
9.40 **Only Fools and Horses** Christmas special from 2001. The brothers jet off to Monte Carlo five years after achieving their dream of becoming millionaires – only for a dodgy deal to see them heading home.
11.15 **Only Fools and Horses** Festive special of the sitcom from 2002. Trotters Independent Traders embark on a booze cruise to France under new managing director Rodney.
12.55 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **James May's Things You Need to Know** Evolution.
7.50 **James May: The Reassembler**
8.50 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.05 **World's Most Dangerous Roads** From Slovenia.
11.05 **Top Gear** Double bill.
1.10 PM **Ghosts** Six episodes.
5.00 **Would I Lie to You?**
5.40 **The Americas with Simon Reeve** From Alaska.
6.40 **Mortimer & Whitehouse: Gone Fishing** First edition. The duo fish for tench in Norfolk.

8.00 Guy Martin: Proper Jobs

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer fish for barbel in Hay-on-Wye, Powys.

8.00 **Guy Martin: Proper Jobs** Guy takes on the dangerous job of working as a deckhand on a fishing trawler.

9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Steph McGovern and Phil Wang.

10.00 **QI** Stephen Fry quizzes Alan Davies, Jo Brand, Phil Kay and Rich Hall.
10.40 **Mock the Week** With Nish Kumar, Angela Barnes and Ed Gamble.
11.20 **Mock the Week**
12.00 M'T **Live at the Apollo**
1.00 AM **Have I Got a Bit More News for You** Jo Brand hosts.
2.00 **Australian Ninja Warrior**
3.30 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
11.35 **FILM The Call of the Wild** Adventure. (2020, PG, 96min) ★★★
1.30 PM **FILM Mrs Doubtfire** Comedy. (1993, PG, 125min) ★★★★
3.55 **LIVE Football: AFCON** The third last-16 match. Kick-off is at 4.00.
6.00 **Britain's Extreme Weather 2024**
6.55 **LIVE Football: AFCON** The fourth last-16 match. Kick-off is at 7.00.
9.00 **Gogglebox**
10.30 **Greg Davies: Firing Cheeseballs at a Dog** The comedian's sell-out debut show from 2011.
11.50 **Celebrity SAS: Who Dares Wins**
12.50 AM **First Dates Beach Club** Dating show.
1.50 **Inside the World's Most Luxurious Hotels**
2.50 **The Great Pottery Throw Down**
4.25 **to 5.00** AM **Chateau DIY**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Murder, She Wrote**
10.20 **Blue Bloods** (S5)
3.05 PM **NCIS** Seven episodes, including at: **5.00** *SWAK:* 22/23. Tony becomes infected with a deadly virus. **6.00** *Twilight:* 23/23. The team's old enemy Ari Haswari returns. (S2) **7.00** *Kill Ari – Part One:* 1/24. Gibbs learns one of his old flames has been named as the new NCIS director. **8.00** *Kill Ari – Part Two:* 2/24. Gibbs blames himself for Kate's death. **9.00** *Mind Games:* 3/24. Gibbs interrogates a death-row prisoner. (S3)
10.00 **Law & Order: Special Victims Unit** (S16)
1.45 AM **Criminal Minds**
2.40 **Law & Order: Criminal Intent** 16/22. (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8&9)
10.05 **Call the Bailiffs: Time to Pay Up**
11.05 **Traffic Cops**
3.05 PM **Police Interceptors** Four editions of the series, including at: **5.05** Several officers join in the pursuit of two men in a van. **6.05** A 4x4 is driven dangerously in Basildon.
7.10 **FILM Along Came Polly** Romantic comedy starring Ben Stiller. (2003, 12, 90min) ★★★
9.00 **FILM There's Something About Mary** Black comedy starring Cameron Diaz. (1998, 15, 119min) ★★★★
11.25 **Adults Only: Sex Made Millionaires**
12.25 AM **Adults Only: Hurts So Good**
1.25 **My Lover, My Killer**
2.25 **to 4.00** AM **The Good Wife**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
10.30 **Ice Road Truckers**
3.30 PM **FILM Rio Bravo** Howard Hawks Western starring John Wayne and Dean Martin. A sheriff has help from a group of misfits to defend his jail from a band of villains. (1959, PG, 140min) ★★★★★
6.20 **FILM True Grit** Oscar-winning Western starring John Wayne and Glen Campbell. The daughter of a murdered man enlists an over-the-hill marshal to help track down the killer. (1969, PG, 128min) ★★★★★
9.00 **LIVE American Football: NFL** Sam Quek and Osi Umenyiora present coverage of a match.
12.30 AM **Cops** Documentary.
1.00 **Terror at 30,000 Feet**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet** Six editions, including at: **5.00** Take That's Mark Owen brings his 18-month-old Doberman into the surgery. **6.00** Football pundit Lee Dixon brings his rescue dog to see Noel.
7.00 **Inside the Ambulance** Sam and Carla come to the aid of a man who has fallen badly at home. **8.00** A man collapses with breathlessness.
9.00 **Inside the Operating Theatre** A man has his varicose veins removed. **10.00** A man has his badly broken nose reset.
11.00 **One Born Every Minute**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Life on the Edge**
1.35 **to 3.00** AM **Hungry for It**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
12.10 PM **Call the Midwife**
2.10 **Catherine Cookson's The Round Tower**
5.40 **Last Tango in Halifax**
7.00 **NEW SERIES Ladies in Black** *Beautiful Dream:* 1/6. Australian drama following women working at a 1960s Sydney department store, starring Debi Mazar and Miranda Otto. (S1)
8.10 **Sister Boniface Mysteries** *A Beautiful World:* 7/10. A group of glamorous saleswomen arrive in Great Slaughter, bringing makeovers and murder with them. (S3)
9.10 **Silent Witness** *Commodity:* The team examine a young woman's disfigured body.
11.25 **New Tricks** *Dead Poets.*
12.25 AM **Call the Midwife**
1.45 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

SUNDAY Entertainment

Sunday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
8.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus scours a stately home for items to fund an ambitious renovation.
9.00 **Who Do You Think You Are?** Josh Widdicombe traces his family tree. **10.00** With Joe Sugg.
11.00 **Help! My House Is Haunted** From Greenlaw Mansion, Castle Douglas.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Total Wipeout**
11.00 **Total Wipeout: Champion of Champions** Game show.
12.00 NOON **Tenable**
2.00 PM **Lily Savage's Blankety Blank**
3.20 **All Star Family Fortunes**
4.00 **The Chase**
5.00 **The Chase Celebrity Special** Triple bill of editions, including at: **7.00** With guests Amanda Byram, Adam Thomas, Brendan Cole and Naga Munchetty.
8.00 **The Chase** Quiz show.
9.00 **The Chase Celebrity Special** Jacqui Oatley, Dev Griffin, Johnny Vegas and Fallon Sherrock compete for charity.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.05 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

6.00 AM **Cops Uncut**
7.15 **Emergency Rescue: Air, Land & Sea**
8.10 **Wild West Chronicles**
9.10 **The High Chaparral**
10.10 **FILM Cat Ballou** (1965, PG) ★★★★
12.10 PM **FILM Midway** Drama. (1976, PG, 130min) ★★
3.00 **FILM Shootout** Western. (1971, PG, 94min) ★★
5.05 **FILM The Gunfighter** Western drama. (1950, b/w, U, 84min) ★★★★
7.00 **FILM Sands of Iwo Jima** Adventure. (1949, b/w, PG, 109min) ★★★
9.20 **FILM Hell Is for Heroes!** Action drama. (1962, b/w, 12, 90min) ★★★
11.20 **FILM Operation Dunkirk** Adventure. (2017, 15, 96min) ★★
1.30 AM **FILM Saints and Soldiers** (2003) ★★★
3.20 **FILM Johnson County War** (2002, 12) ★★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

6.00 AM **FILM Out of Control** Crime thriller. (2009, PG, 85min) ★★
7.25 **Diagnosis Murder**
9.15 **Murder, She Wrote**
1.15 PM **Murder, She Wrote**
9.00 **FILM Murder, She Baked: A Chocolate Chip Cookie Mystery** Crime drama starring Alison Sweeney. (2015, PG, 83min) ★★
10.55 **FILM An Aurora Teagarden Mystery: Death at the Diner** Crime drama starring Skyler Samuels. (2024, PG, 84min) ★★
12.50 AM **FILM Deadly Hope** Crime thriller starring Alana De La Garza. (2012, PG, 87min) ★★
2.35 **FILM Ex-Wife Killer** Thriller. (2017, PG) ★★
4.00 **FILM Dangerous Company** Thriller. (2015, PG, 87min) ★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

6.20 AM **FILM Christmas in Palm Springs** (2014) ★★
8.00 **FILM Merry Kiss Cam** Comedy. (2022, U) ★★
10.05 **FILM Once Upon a Christmas Miracle** (2018)
12.00 NOON **FILM Christmas Around the Corner** Drama. (2018, PG) ★★
1.55 PM **FILM 12 Toys of Christmas** (2025, U) ★★
3.55 **FILM Christmas in Toyland** (2022, PG) ★★
5.45 **FILM The Christmas Chocolatier** Drama. (2024, PG, 82min) ★★
7.35 **FILM A Merry Christmas Match** (2019, U) ★
9.30 **FILM Belle's Christmas Gift** (2024, PG) ★★
11.20 **FILM Christmas Love Letter** (2019, PG) ★★
1.15 AM **FILM Christmas in My Heart** (2021, PG) ★★
3.20 **FILM 12 Toys of Christmas** (2025, U) ★★
5.00 **to 6.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **Rewind and Remember**
8.00 **70s vs 80s Rewind Hits**
9.00 **Tracing the Rails**
10.00 **My TV Rewind**
11.00 **FILM Drake's Venture** Drama. (1980, PG) ★★
1.00 PM **FILM Heather Ann** Drama. (1983, 15) ★★
2.00 **Shine on Harvey Moon**
3.00 **That's My Dog**
3.30 **Mysterious Tales**
3.35 **We Had One of Those**
3.45 **Hank the Cowboy**
4.00 **70s vs 80s Rewind Hits**
5.00 **My TV Rewind**
6.00 **Boon** 4/13. (S2)
7.00 **Tracing the Rails**
8.00 **Shine on Harvey Moon**
9.00 **McCallum**
10.00 **FILM Confessions of a Young American Housewife** (1974, 18) ★
11.40 **FILM Death Screams** Horror. (1982, 18) ★★
1.30 AM **FILM Drake's Venture** As 11.00am.
3.25 **70s vs 80s Rewind Hits**
4.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Vintage Voltage**
7.00 **Extinct or Alive: The Tasmanian Tiger** A trio of experts go in search of the Tasmanian tiger.
8.00 **Extinct or Alive: Jaws of Alaska** Documentary.
9.00 **Alien Abduction: Travis Walton** Shocking new evidence reveals the true story behind *Fire in the Sky*.
11.00 **Expedition X** Phil and Jess head to Alaska to investigate reports of a murderous sasquatch. **12.00** M'T Phil and Jess enter a radioactive wasteland to explore UFOs in Fukushima. **1.00** AM Phil and Jess visit Utah's Uintah Basin.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Michel Roux's Provence Masterclass**
11.00 **The Hairy Bikers' Mediterranean Adventure** Six editions.
5.00 PM **James Martin's Islands to Highlands** The chef explores his native Yorkshire with fellow chef Brian Turner. **6.00** James is joined by chef Clare Smyth for a tour of the Lake District. **7.00** James is joined by Michelin-starred chef Kenny Atkinson in Northumberland. **8.00** James and chef Lisa Goodwin-Allen visit the Isle of Man for the TT warm-up week. **9.00** James is joined by chef Nick Nairn for a trip aboard luxury train the *Royal Scotsman*.
10.00 **Diners, Drive-Ins and Dives** Eight editions.
2.00 **to 3.00** AM **Man v Food**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Shark Lake** Disaster thriller. (2015, 15, 89min) ★★
9.00 **The A-Team** (S3)
2.00 PM **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91 min) ★★
3.50 **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
5.45 **FILM First Men in the Moon** Sci-fi adventure. (1964, U, 99min) ★★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Gallipoli** World War One drama starring Mel Gibson. (1981, PG, 111min) ★★★★
11.10 **FILM How I Spent My Summer Vacation** Darkly comic crime thriller with Mel Gibson. (2012, 15, 92min) ★★★★
1.05 AM **FILM No Mercy** Thriller with Richard Gere. (1986, 15, 105min) ★
3.10 **to 5.00** AM **FILM The Final Wish** Horror thriller. (2019, 15, 95min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Gunsmoke: The Long Ride** Western. (1993, 15, 95min) ★★
8.00 **FILM Meteor Moon** Sci-fi. (2020, PG) ★★
10.00 **FILM Treasure Guards** Mystery adventure. (2011, PG, 90min) ★★
12.00 NOON **FILM Angel and the Bad Man** Western. (2009, PG, 95min) ★★
2.00 PM **FILM The Lost Future** Sci-fi adventure. (2010, 15, 90min) ★★
4.00 **Six Million Dollar Man**
9.00 **FILM Shout at the Devil** Action adventure. (1976, 15, 147min) ★★
11.55 **FILM Bad Boys** Violent urban drama. (1983, 18, 123min) ★★
2.20 AM **FILM A Good Woman Is Hard to Find** Crime thriller. (2019, 18, 97min) ★★★★
4.10 **to 6.00** AM **FILM Beware! The Blob** Thriller. (1972, 15) ★★

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **WWE's Greatest Moments** Double bill.
6.45 **Rust Valley Restorers**
8.20 **Junk & Disorderly**
10.10 **Pawn Stars**
1.05 PM **Container Wars**
3.05 **Storage Hunters**
5.05 **Storage Wars: Texas**
6.00 **WWE's Greatest Moments** Double bill.
7.00 **Field of Vampires**
9.00 **Great Escapes with Morgan Freeman** A breakout from Orange County Jail orchestrated by Iranian-American prisoner Hossein Nayeri and his fellow inmates.
10.00 **Discovered by Disaster**
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** The Holy Grail.
1.00 AM **My Paranormal Nightmare** Double bill.
3.00 **World's Most Unexplained**
4.00 **to 6.00** AM **Lost Relic Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Countdown to War**
12.00 NOON **Columbo** Five episodes, including at: **6.00** PM *Fade in to Murder:* An actor playing a detective thinks he can get away with killing his blackmailing ex-lover. **7.30** *A Matter of Honour:* The sleuth's holiday is disrupted by a death involving a bullfighter who used one of the animals to kill his friend.
9.00 **1976: Those Were the Days** A look back at the key events in TV, film and politics of 1976.
11.00 **Taggart** *Flesh and Blood:* The detective is plunged into a multiple murder investigation.
1.55 AM **The Colosseum: The Arena of Death with Dan Snow**
2.50 **The Colosseum: Blood & Sand with Dan Snow**
3.40 **to 4.00** AM **Cruising with Jane McDonald**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Home Town**
3.00 PM **Home Town**
7.00 **100 Day Dream Home** Mika and Brian whip up a dream home for a family who are running out of space. **8.00** A couple want a custom house to host their family dinners. **9.00** Mika and Brian look to create a dream home in Apollo Beach. **10.00** Mika and Brian are challenged to make a dining table the centrepiece of a house. **11.00** Mika and Brian look to build a smaller home for a family. **12.00** M'T A couple and their nine dogs are in dire need of a home with plenty of room.
1.00 **to 4.00** AM **Unsellable Houses**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Flip or Flop**
8.30 **My Lottery Dream Home** From California.
9.00 **Say Yes to the Dress: Lancashire**
10.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Double bill of editions.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **Flip or Flop**
5.30 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
10.00 **Friends** (S9&8)
1.00 PM **Friends** (S9)
7.05 **FILM Bring It On** Teen comedy starring Kirsten Dunst, Eliza Dushku and Jesse Bradford. (2000, 12, 99min) ★★★★
9.00 **FILM Jerry Maguire** Romantic comedy drama with Tom Cruise, Cuba Gooding Jr and Renée Zellweger. (1996, 15, 139min) ★★★★
11.40 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up show.
2.00 AM **Russell Howard: Wonderbox** Stand-up.
3.00 **Dara O Briain: Craic Dealer** Stand-up show.
3.45 **Amy Schumer: Comedy Central Live**
4.05 **Dragony Aunts**
4.15 **to 5.00** AM **Most Ridiculous**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S1)
7.00 **Teleshopping**
9.00 **Takeshi's Castle**
12.30 PM **Criminally Funny**
3.30 **Mr Bean** (S1)
6.30 **Police Squad!** Five episodes, including at: **8.30** 6/6. Final episode. Drebin poses as a nightclub entertainer. (S1)
9.00 **Friends** 9/24. Ross and Mike find they have nothing in common. **9.30** 10/24. Chandler gets stuck in Tulsa. **10.00** 11/24. Rachel meets her work stand-in. **10.30** 12/24. Rachel tries to make amends with work rival Gavin. **11.00** 14/24. Joey and Phoebe play Cupid. **11.30** 15/24. Ross discovers who mugged him as a child. (S9)
12.00 M'T **South Park**
5.15 **to 6.00** AM **Takeshi's Castle**

That's TV

171 150 56 164 42

8.00 AM **That's 60s**
8.40 **FILM George and Mildred** Comedy. (1980, PG, 93min) ★★
10.35 **Steptoe and Son** (S2)
3.00 PM **Minder** (S2)
7.10 **Cannon and Ball**
7.55 **Minder** *The Bounty Hunter:* 5/11. Arthur and Terry pursue a devious crook. (S1)
9.00 **Benidorm** 7/7. The CEO of the Solana Hotel Group pays a visit. (S6)
10.00 **Shameless** 3/10. Marty goes out on a limb for a new friend. (S10)
10.55 **Minder** 5/11. (S1)
12.00 M'T **Benidorm** 7/7. (S6)
1.00 AM **Shameless** (S10)
2.00 **The Kenny Everett Video Show** (S4)
2.30 **Man About the House**
2.55 **Duty Free** (S2)
3.20 **The Osbournes**
3.55 **That's 60s**
4.00 **Cold Feet** (S1)
4.50 **to 6.00** AM **Journeys: Cumbria Coast Rail**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 5/14. (S5)
6.20 **Teen Mom 2**
8.00 **Teen Mom: The Next Chapter** Five editions.
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Scammed**
6.00 **Catfish: The TV Show** A single father wants to meet the woman he has been chatting to online. **7.00** A love-struck stepdad-to-be hopes the single mother he met online is the real deal. **8.00** Lucille faces the aftermath of a business relationship gone wrong.
9.00 **Help! I'm in a Secret Relationship!** Mia refuses to marry Kayla while she is keeping her a secret.
10.00 **Dating Naked** Four editions of the series.
2.00 AM **Catfish: The TV Show** Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

4 January Sunday

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys reflect on past rescues.
1.00 PM The Raneys scramble to ready their 40-acre homestead for winter.
3.00 The Raneys encounter the disappearances of a Virginia homestead's water and food sources.
5.00 The Raneys help a couple whose homestead is overrun with boglands, and they build structures to help with the brutal winters.

8.00 Moonshiners

7.00 Moonshiners: Master Distiller New edition Josh, Tim and Mark devise a challenge to find the ultimate bootlegger.
8.00 Moonshiners: Master Distiller New edition Three distillers recreate a spirit from scratch using only their taste buds.
9.00 Moonshiners: Master Distiller New edition Three distillers try to cash in on a growing trend and produce a zero-proof spirit.
10.00 Mud Madness Double points fuel an all-out war between AJ, Bryce and an increasingly desperate Josh as tensions soar.
11.00 Wild & Weird America Featuring disasters with power tools and semi-trucks. **11.30** Featuring skydiving mishaps and a thieving eagle.
12.00 M'T **Overhaulin'** Triple bill.
3.00 AM **Street Outlaws**
4.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy helps save community cats in Philadelphia. **4.00** How one cat is helping others find forever homes.
5.00 **Treehouse Masters** Pete is in New York's Catskill Mountains to construct a glasshouse.
6.00 **Bad Dog!** Footage of a cat knocking over a Christmas tree.

8.00 Little Giants

7.00 How Do Animals Do That? How one fish is blowing scientists away. **7.30** How a fish makes a weapon out of water.
8.00 Little Giants A search for the bombardier beetle in the Mojave Desert. **8.30** Searching for the panther chameleon.
9.00 Alaskan Bush People: Book of Gabe The Browns try to build a new home but snow slows their progress.
10.00 Tanked Wayde King and Brett Raymer accept the challenge to create a 24ft-long tank with individual sleeping pods.
11.00 Alaska: The Last Frontier Building a survival motorbike.
12.00 M'T **Fish or Die** The team aim to find out how giant fish ended up in Lake Windsor.
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants** Double bill.
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
9.00 **Air Crash Investigation**
11.00 **World War II: The Apocalypse** Double bill.
1.00 PM **Nazi Sunken Sub**
2.00 **Toronto Airport Uncovered** Bad weather causes disruption. **3.00** Fire crews race to a plane with faulty brakes. **4.00** A crash landing results in a shutdown.
5.00 **Destruction Decoded** The causes of 10 collisions.
6.00 **Air Crash Investigation** A failure in Qantas Flight 32.

7.00 Lost Treasures of Rome

7.00 NEW SERIES Lost Treasures of Rome The ongoing excavations in Pompeii, as experts try to uncover dark secrets.
8.00 Incas: The Rise and Fall Series finale How, after a century of power, the Inca Empire fell to the Spanish conquistadors.
9.00 Lost Tomb of Genghis Khan Albert Lin heads to the Burkhan Khaldun mountain in search of the Mongol leader's burial site.
10.00 Lost Tombs of the Pyramids In the shadow of the pyramids, a team of experts embark on an extraordinary excavation.
11.00 Drain the Oceans: Deep Dive Uncovering the secrets of the *Mary Rose*, *Quedagh Merchant* and *Clotida*, including what brought them down.
12.00 M'T **To Catch a Smuggler**
1.00 AM **Strangest Things**
2.00 **Atlas of Cursed Places**
4.00 **to 5.00** AM **Food Factory**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Hazardous History with Henry Winkler** Double bill.
10.00 **Ice Road Truckers**
11.00 **Pawn Stars** Four editions.
3.00 PM **World War Weird** Bizarre events during wartime, including an anti-gravity device. **4.00** A Japanese secret society's repeated attempts to kill Charlie Chaplin. **5.00** The unfortunate fate of the world's first tank. **6.00** A pilot who saved the crew of a B-17 bomber.

3.00 World War Weird

7.00 Royal Murder Mysteries The fate of Josslyn Hay, the controversial 22nd Earl of Erroll and staunch supporter of Hitler.
8.00 Royal Murder Mysteries The Duke of Kent's death, which led to accusations of the Royal Family erasing him from history.
9.00 Royal Btards: Rise of the Tudors** Docu-drama about the Wars of the Roses and the Tudor dynasty.
10.00 Royal Btards: Rise of the Tudors** As the bloody civil wars rage on, Warwick leads a rebellion against Edward.
11.00 Royal Btards: Rise of the Tudors** Edward IV dies unexpectedly, throwing the future of England in the air.
12.00 M'T **Pawn Stars** A seller brings in an unusual diamond crafted from the DNA of a musical genius.
1.00 AM **Pawn Stars** Triple bill.
4.00 **to 6.00** AM **Commando Missions**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys** Four editions.
8.00 **The World at War**
1.00 PM **The World at War** Four editions, including at: **3.00** The story of the Nazi occupation of Holland. **4.00** The liberation of Paris in 1944, which many felt signalled the beginning of the end of World War Two.
5.00 **The Blue Planet** Examining the fragile marine ecosystem of coral reefs. **6.00** The ways in which marine creatures exploit tides.

8.00 Blue Planet II

7.00 The Blue Planet A look at how species inhabiting coastal regions deal with the dangers of an ever-shifting environment.
8.00 Blue Planet II Footage of marine life around the world, including dolphins and tusk fish in a tropical coral reef.
9.00 Blue Planet II Creatures that live in volcanic hot spots, areas that reach temperatures hot enough to melt lead.
10.00 Bangers & Cash Dave Mathewson gets wind of a possible free lunch when he goes to collect a Swedish Volvo P1800S.
11.00 Bangers & Cash Derek has sold everything from trucks to bicycles – but he can't recall the last time he auctioned off a two-seater plane. **12.00** M'T An impressive collection of five iconic cars arrives at Thornton le Dale.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** A clock collection.
6.00 **The Derbyshire Auction House**
8.00 **The Repair Shop** The team restore a 1970s electric go-kart. **9.00** An ex-professional goalkeeper brings in a football programme signed by Pele. **10.00** A tricycle and a pair of red ballet shoes are restored. **11.00** The team breathe life into two bespoke cherished rings. **12.00** M'T The team restore a fire helmet and an electric guitar.
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
9.00 **Say Yes to the Dress Lancashire**
10.00 **Say Yes to the Dress: Lancashire**
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **The Big Swindle**
6.00 **The Real Death in Paradise** A trip to paradise that turned into a nightmare. **7.00** The disappearance of pilot Roger Gower. **8.00** The case of Stephen Bennett.
9.00 **Jessica Chambers: An ID Murder Mystery** The haunting case of Jessica Chambers.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Terri Ann McCoy.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fatal Frontier: Evil in Alaska** State troopers in a small community find the remains of a mother in the woods. **8.00** A woman is found stabbed to death.
9.00 **To Catch a Killer** The team try to identify Nadine Gurczenski's killer. **10.00** The team investigate a cold case from 1982 involving the murder of a nurse. **11.00** The team investigate the case of a man who was found murdered in his vehicle. **12.00** M'T A wealthy 80-year-old man vanishes from his home.
1.00 AM **Fatal Frontier: Evil in Alaska** Triple bill.
4.00 **Wrongly Accused**
4.55 **to 5.45** AM **Written in Blood**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Bloodline Detectives** The 1964 disappearance of Marise Chiverella. **1.00** PM The Huntington Beach body case. **2.00** The 1988 murder of a mother killed in front of her toddler. **3.00** Cutting-edge DNA science names the Phoenix Canal Killer. **4.00** Forensic science reveals the name of a serial killer who killed two women in the 1980s. **5.00** In Rankin County, Mississippi in 1990, a woman is kidnapped and raped at knifepoint. **6.00** In Snohomish County, a young woman is found covered in blood.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
8.00 **Brit Cops: Rapid Response** Documentary.
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **The Murderer & Me** Steve Wright.
1.20 PM **Murders That Shocked the Nation**
2.15 **World's Most Evil Killers**
3.10 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** The trail of bloody footprints that gave a killer away.
8.00 **Murder Next Door** A grandmother is found murdered in her home.
9.00 **Murder in the Valleys**
1.00 AM **Killer in My Village**
2.00 **How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.55 **Agatha Christie: 100 Years of Poirot & Miss Marple** The writer's life.
10.25 **Berlin: Stories of the City** Double bill.
1.00 PM **Impossible Peace** Eight editions of the series, including at: **6.40** With the United States suffering, Japan took the opportunity to increase their empire. **7.50** By the mid 1930s, Hitler's ambitions were clear but seemed to go ignored by great powers. **8.55** Attempts to avoid repeating the disaster of World War One.
10.00 **1945: The Savage Peace** A look at violence toward Germans.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **Lost Cities of Rome**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SUNDAY

Sunday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Sean Connery**
7.00 **Discovering: Robert De Niro**
8.00 **The Directors**
9.00 **Dart Kings**
12.00 NOON **I Am Heath Ledger**
1.50 PM **Downey Wrote That**
3.10 **Spielberg** A look at the career of director Steven Spielberg.
5.50 FILM **Robin Williams: Come Inside My Mind** An intimate portrait of the comedian and actor. (2018, 12, 117min) ★★★★
8.00 **I'm Chevy Chase and You're Not** Documentary about the actor and comedian, who rose to fame on *Saturday Night Live* before becoming a film star in the 1980s, but whose career declined amid reports of difficult behaviour.
10.00 **I Am Richard Pryor** Documentary reflecting on the highs and lows of the comedian and actor's life.
11.50 **The Super Bob Einstein Movie**
1.20 AM **Albert Brooks: Defending My Life** A profile of the actor.
3.10 **The Last Rider** Documentary.
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Shark with Steve Backshall**
9.00 **Shark: British Isles Special with Steve Backshall**
10.00 **Macaque Island**
1.00 PM **City Wildlife Rescue**
3.00 **Impossible Animals**
6.00 **Extraordinary Animals**
7.00 **Secrets of the Enchanted Waters** New edition Unmasking the beauty of swamplands, which serve as a vital link between life and death.
8.00 **David Attenborough's First Life** 1/2. The origins of life on Earth. **9.15** 2/2. A look at how animals began to survive on dry land.
10.30 **Baby Animals** The lives of orphaned creatures taken in by conservationists. **11.00** Creatures that find safety from predators in numbers. **11.30** The excitement of endangered species giving birth.
12.00 M'T **Extraordinary Animals**
1.00 AM **Secrets of the Enchanted Waters** As 7.00pm.
2.00 **Deep in the Heart**
3.00 **to 6.00** AM **Hotspots: The Last Hope**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Aircraft**
10.00 **Soviet Storm: WWII in the East**
11.00 **Digging for Britain**
1.00 PM **Britain's Secret Islands**
2.00 **Ancient Aliens**
4.00 **World War Weird**
6.00 **Digging for Britain**
7.00 **Britain's Secret Islands** A tour along England's south coast.
8.00 **What on Earth?** Strange symbols scratched into the Kazakhstan desert.
9.00 **Mafia: Most Wanted** A major criminal operation in Toronto.
10.00 **Gangland Chronicles** The history of the Chicago Outfit. **10.30** The Bloods street gang and their conflict with the Crips.
11.00 **Ancient Aliens** Whether America's founding fathers hid extra-terrestrial secrets. **12.00** M'T How advances in human evolution can be attributed to alien architects.
1.00 AM **Evil Encounters**
2.00 **Discovered by Disaster**
3.00 **World War Weird**
5.00 **to 6.00** AM **Blown Away**

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Murder Detective**
4.00 **I Met My Murderer Online** Eight editions, including at: **7.00** A lawyer and his husband are found dead at a gay hotel. **7.30** A twisted love triangle goes horribly wrong.
8.00 **Homicide Squad: New Orleans** A dispute turns into a fight that ends with a mother losing her life.
9.00 **Cold Case Files** Human bones are discovered in the woods in Schuylkill Haven, Pennsylvania. **10.00** A 13-year quest for answers to the disappearance of Lisa Marto Gaudenzi. **11.00** Loving aunt Anna Mae Florence is stabbed in her home.
12.00 M'T **Killed Without a Trace**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **Motive to Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Kingdom of the White Wolf**
1.00 PM **Croc Wars: Grumeti vs Mara** Documentary.
2.00 **Battle of the Swamp Dragons**
3.00 **Crocodile: Australia's Greatest Survivor**
4.00 **Secrets of the Zoo**
6.00 **Heartland Docs** New edition Ben and Erin rush to stabilise two dogs hit by cars.
7.00 NEW **Cheetahs Up Close with Bertie Gregory** The wildlife photographer films the big cats in the Serengeti.
8.00 **The Incredible Honey Badger** Exploring how each brush with death refines the honey badger's fearlessness.
9.00 **Hostile Planet** An exploration of the animal kingdom's most incredible survival stories. **10.00** Bear Grylls narrates footage of the wildlife in the world's grasslands.
11.00 **Snakes in the City**
12.00 M'T **Northwoods Survival**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **HMS Ark Royal**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** How the most iconic buildings of the ancient worlds were built. **7.00** Investigating Egypt's ancient city of Abydos, its tombs and a buried temple linked to a mysterious death cult. **8.00** Experts examine Tintagel Castle, believed to be King Arthur's birthplace.
9.00 **Salvage Hunters: The Restorers** Cabinet-maker Alex resurrects a 300-year-old chest, and taxidermist Chris takes on a Victorian heron. **10.00** Upholsterer Craig works on an Edwardian sofa that was ruined by an amateur repair job. **11.00** Cabinet maker Alex repairs a battered chest that belonged to a Masonic lodge.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Rescued Chimpanzees of the Congo with Jane Goodall**
1.00 PM **Shipwreck Secrets**
2.00 **Rescued Chimpanzees of the Congo with Jane Goodall**
6.00 **Shipwreck Secrets** A mission to discover the identity of a ship that simply shouldn't exist.
7.00 **Rescued Chimpanzees of the Congo with Jane Goodall** Dr Rebeca Atencia rescues an infant chimp who has lost an eye and his mother. **8.00** Infant chimp Motambo is suffering from tetanus. **9.00** Work gets under way on three new paradise islands that will house more than 100 chimpanzees. **10.00** Dr Rebeca Atencia sets out to rescue an illegally kept pet mandrill, but encounters resistance from angry villagers.
11.00 **Shipwreck Secrets**
12.00 M'T **Rescued Chimpanzees of the Congo with Jane Goodall**
3.50 AM **Shipwreck Secrets**
4.40 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** Double bill.
10.00 **Still a Mystery**
12.00 NOON **Faking It: Tears of a Crime** Double bill of editions.
2.00 PM **Home Sweet Homicide**
4.00 **The Killer in My Family**
6.00 **Faking It: Tears of a Crime** The murder of April Barber. **7.00** The case of Laci Peterson.
8.00 **On the Case with Paula Zahn** The body of a young woman is discovered in the woods.
9.00 **Fatal Destination** A cross-country journey leads a teen to a counterculture festival and a tragic end.
10.00 **Murders at the Burger Joint** A fast-food joint finds itself in the middle of a murder mystery that still has people asking questions 40 years later.
11.00 **Evil Lives Here**
12.00 M'T **Deadliest Families**
1.00 AM **Cabin in the Woods**
2.00 **Death by Fame** Double bill.
4.00 **to 6.00** AM **Evil Lives Here**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Chasing Classic Cars**
10.00 **FourWheeler**
11.00 **Goblin Works Garage**
12.00 NOON **Street Outlaws: Locals Only** Five editions.
5.00 PM **Shed and Buried** Sheds in Cornwall to Oxfordshire. **5.30** Henry Cole and Sam Lovegrove seek items to restore in Buckinghamshire. **6.00** Pontiac ambulances, automotive sculptures and well-preserved motorbikes. **6.30** Henry and Sam meet a collector whose cottage is like a transport museum.
7.00 **Wheeler Dealers** Mike and Elvis restore a Ford Fiesta Mk1. **8.00** Mike gets a tip from an unusual source – his electrician. **9.00** Mike acquires a 1995 Ford Escort RS Cosworth. **10.00** A Ford Fiesta XR2. **11.00** A Ford Escort Mk1. **12.00** M'T Mike buys a Ford Sierra Cosworth for £5,000.
1.00 **to 5.00** AM **Chasing Classic Cars**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **Karate Kid: Legends** Drama. (2025, 12) ★★★
7.50 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
9.35 **Safe House** As 10.00pm.
11.15 **28 Years Later** As 8.00pm.
1.15 PM **Sinners** As 11.40pm.
3.35 PREMIERE **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★ *See review, page 23.*
5.10 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★

3.35 All the Devils Are Here

8.00 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Safe House** Thriller with Holt McCallany and Lucien Laviscount. Six federal agents, forced into hiding after a terror attack, turn on one another when they suspect the mastermind is one of their own. (2025, 15, 90min)

11.40 **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★
2.00 AM PREMIERE **All the Devils Are Here** As 3.35pm.
3.35 **Friendship** Comedy. (2025, 15, 100min) ★★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Exclusives

303 303 403 503 517

7.25 AM **Love Hurts** As 4.30am.
9.05 **Cleaner** Action thriller. (2025, 15, 97min) ★★★
10.55 **The Accountant** As 10.00pm.
1.15 PM **Bad Boys: Ride or Die** Action comedy sequel with Will Smith. (2024, 15, 115min) ★★★
3.15 **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
5.40 **Kraven the Hunter** Fantasy adventure with Aaron Taylor-Johnson and Russell Crowe. (2024, 15, 127min) ★★★

5.40 Kraven the Hunter

8.00 **Venom: The Last Dance** Fantasy adventure sequel starring Tom Hardy and Juno Temple. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department closes in. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Fight or Flight** Thriller starring Josh Hartnett, Katee Sackhoff and Julian Kostov. (2025, 15, 98min) ★★★
2.15 **Kraven the Hunter** (2024)
4.30 **to 6.00** AM **Love Hurts** Action comedy with Ke Huy Quan and Ariana DeBose. (2025, 15, 83min) ★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Two Mules for Sister Sara** Comedy. (1969, 15, 114min) ★★★
9.15 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
11.25 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
1.15 PM **The Shawshank Redemption** Drama with Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
3.45 **The Post** Fact-based drama starring Meryl Streep and Tom Hanks. (2017, 12, 113min) ★★★★
5.50 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
8.00 **Amadeus** Peter Shaffer's historical drama with F Murray Abraham and Tom Hulce. (1984, PG, 158min) ★★★★★
10.40 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★★
12.45 AM **It Ends with Us** Drama. (2024, 15, 125min) ★★★
3.00 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
5.15 **to 7.15** AM **Dallas Buyers Club** Fact-based drama with Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **The Watched** As 3.40am.
8.00 **I Am Legend** As 8.00pm.
9.50 **A Quiet Place: Day One** Horror. (2024, 15, 100min) ★★★★
11.40 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
2.25 PM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
4.15 **Men in Black II** Sci-fi comedy sequel starring Will Smith. (2002, PG, 88min) ★★★
6.00 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith and Tommy Lee Jones. (2012, PG, 105min) ★★★★
8.00 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
9.55 **Salem's Lot** Horror based on Stephen King's novel, starring Lewis Pullman and Makenzie Leigh. (2024, 15, 109min) ★★★
12.00 M'T **A Quiet Place** Horror with Emily Blunt and John Krasinski. (2018, 15, 90min) ★★★★
1.35 AM **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
3.40 **The Watched** Horror thriller. (2024, 15, 102min) ★★★
5.25 **Sky Cinema Preview**
5.50 **to 7.40** AM **There's Something in the Barn** Festive horror comedy. (2023, 15, 100min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.10 AM **Paulie** As 11.40pm.
8.45 **Journey to the Center of the Earth** (2008, PG) ★★
10.30 **Journey 2: The Mysterious Island** Adventure sequel. (2012, PG, 94min) ★★★
12.15 PM **The Last Airbender**
2.10 **Peter Pan** (2003, PG) ★★★★
4.05 **Zathura: A Space Adventure** Fantasy with Josh Hutcherson. (2005, PG, 113min) ★★★★
6.00 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★

6.00 Babe

7.45 **The Golden Compass** Fantasy adventure based on Philip Pullman's book *Northern Lights*, starring Nicole Kidman and Dakota Blue Richards. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Last Airbender** Adventure starring Noah Ringer. In a divided world, hope rests on a 12-year-old boy who can control the elements. With Dev Patel and Nicola Peltz. (2010, PG, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Paulie** Comedy starring Gena Rowlands and Tony Shalhoub. (1998, U, 92min) ★★★
1.25 AM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
4.00 **The NeverEnding Story** Adventure starring Barret Oliver and Gerald McRaney. (1984, U, 94min) ★★★
5.45 **to 7.35** AM **Blithe Spirit** Comedy starring Isla Fisher. (2020, 12, 95min) ★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **Mortal Kombat: Annihilation** As 5.15am.
8.50 **xXx: Return of Xander Cage** Thriller sequel. (2016, 12) ★★★
10.45 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
12.45 PM **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
3.15 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
5.35 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★

8.00 The Fall Guy

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Indiana Jones and the Kingdom of the Crystal Skull** Action adventure starring Harrison Ford. In 1957, Indiana Jones tries to stop Soviet agents from seizing a crystal skull with psychic powers. (2008, 12, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Twister** Disaster movie. (1996, PG, 114min) ★★★
2.30 **The Patriot** Period drama. (2000, 15, 167min) ★★★
5.15 **to 7.00** AM **Mortal Kombat: Annihilation** Action fantasy sequel. (1997, 15, 91min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
9.15 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
11.00 **Alfie** (1966, 15) ★★★★
12.55 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.50 **The Golden Child** Adventure. (1986, PG, 93min) ★★
4.25 **American Pie: The Wedding** Comedy sequel. (2003, 15) ★
6.05 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★

6.05 American Reunion

8.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. With Courteney Cox. (1993, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a white bat in Africa. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Kangaroo Jack** Comedy starring Jerry O'Connell. (2003, PG, 89min) ★
12.45 AM **Dumb and Dumber** Comedy starring Jim Carrey. (1994, 12, 107min) ★★★
2.35 **Galaxy Quest** Sci-fi comedy spoof starring Tim Allen. (1999, PG, 102min) ★★★★
4.20 **to 6.30** AM **The Terminal** Steven Spielberg's comedy drama starring Tom Hanks. (2004, 12, 129min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Godfather Part II** Epic gangster drama sequel. (1974, 18, 200min) ★★★★★
10.25 **The Godfather Part III** Final chapter of Francis Ford Coppola's gangster saga. (1990, 15, 162min) ★★★★
1.20 PM **Dog Day Afternoon**
3.30 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
5.45 **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★

10.05 Dog Day Afternoon

8.00 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. With Lorraine Gary. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Dog Day Afternoon** Sidney Lumet's thriller starring Al Pacino as a bank robber trying to raise money for a sex-change operation for his lover. (1975, 15, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **American Gigolo** Thriller starring Richard Gere. (1980, 18, 117min) ★★★
2.15 **The Bikeriders** Drama with Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
4.20 **to 6.00** AM **Restless** Thriller starring Lyndsey Marshal. (2024, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
1.10 PM **Stormbreaker** Adventure. (2006, PG, 93min) ★★★
2.55 **The Art of Racing in the Rain** Comedy drama. (2019, PG, 110min) ★★★
5.00 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
7.05 **See How They Run** Mystery. (2022, 12, 98min) ★★★★

9.00 Assassin Club

See How They Run (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Assassin Club** Thriller starring Henry Golding and Noomi Rapace. An assassin is hired to kill seven people, only to discover the targets have been hired to kill him. With Daniela Melchior, Jimmy Jean-Louis and Sam Neill. (2023, 15, 111min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Spy Who Dumped Me** Comedy starring Mila Kunis and Kate McKinnon. Two friends are thrust into an international conspiracy when one of them discovers her ex is really a secret agent. (2018, 15, 117min) ★★★
1.30 **to 4.00** AM **Birds of Passage** Colombian drama. Subtitled. (2018, 15, 125min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Christmas

302 302 402 502 516

6.30 AM **This Is Christmas** (2022)
8.35 **Four Christmases** As 12.15am.
10.05 **Happy Christmas** As 2.00am.
11.30 **The Best Christmas Pageant Ever** Festive comedy drama. (2024, PG, 99min) ★★
1.15 PM **Tinsel Town** As 8.00pm.
2.55 **Genie** Comedy remake. (2023, PG, 93min) ★★★
4.35 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
6.20 **A Make or Break Holiday** Drama starring Jennifer-Juniper Angeli. (2025, U, 89min)
8.00 **Tinsel Town** Festive comedy starring Kiefer Sutherland. (2025, 12, 95min) ★★★★
9.50 **Love Actually** Romantic comedy written and directed by Richard Curtis, starring Hugh Grant, Bill Nighy, Liam Neeson and Colin Firth. In the run-up to Christmas, love changes the lives of a host of different characters. (2003, 15, 135min) ★★★
12.15 AM **Four Christmases** Comedy. (2008, 12, 84min) ★★★
2.00 **Happy Christmas** Comedy drama. (2014, 15, 78min) ★★
3.40 **Cinema List: Family Favourites**
3.55 **to 6.00** AM **This Is Christmas** Comedy starring Alfred Enoch. (2022, PG, 90min) ★★★★

Sky Cinema Favourites

304 304 404 504 518

7.30 AM **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
9.45 **The Lost World: Jurassic Park** Steven Spielberg's thriller sequel. (1997, PG, 129min) ★★★
11.55 **Jurassic Park III** Thriller sequel. (2001, PG, 92min) ★★★
1.35 PM **Jurassic World** Adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
3.45 **Jurassic World: Fallen Kingdom** Adventure sequel. (2018, 12, 128min) ★★★
5.55 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
8.00 **Spider-Man 2** Fantasy sequel starring Tobey Maguire. (2004, PG, 127min) ★★★★
10.10 **Spider-Man 3** Fantasy sequel with Tobey Maguire. A strange substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. (2007, 12, 139min) ★★★
12.35 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
2.50 **Cinema List: Family Favourites**
3.05 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
5.10 **to 7.10** AM **Gremlins** Horror comedy starring Zach Galligan. (1984, 12, 106min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Mavka: The Forest Song**
8.10 **Flushed Away** Animation. (2006, U, 85min) ★★★★
9.45 **Madagascar** (2005, U) ★★★★
11.15 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
12.50 PM **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
2.30 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
4.00 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
5.45 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
7.30 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
9.20 **Extinct** Animated adventure. (2021, U, 84min) ★★★
11.00 **Canterville Ghost** Animation. (2023, PG, 89min) ★★
12.40 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★
2.10 **Mavka: The Forest Song** Animation. (2023, PG) ★★
4.00 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
5.30 **to 7.00** AM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★

Christmas 24

312 313 419

7.00 AM **The Holiday Stocking** Fantasy. (2022, PG, 84min) ★★
9.00 **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
11.00 **A Lot Like Christmas** Romantic comedy. (2021, PG, 86min) ★★
1.00 PM **Christmas Under the Lights** Festive romantic drama starring Heather Hemmens. (2024, PG, 89min) ★★
3.00 **The Snow Must Go On** Festive drama. (2025, PG, 90min) ★★
5.00 **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
7.00 **Christmas Stars** Romantic comedy. (2019, PG, 88min) ★★
9.00 **Merry Exmas** Drama with Kristy Swanson. During a blizzard at Christmas, a woman finds herself snowbound with her ex-husband. (2014, PG, 90min) ★★
11.00 **Three Wiser Men and a Boy** Comedy. (2024, PG, 84min) ★★
1.00 AM **Sugarplummed** Romantic drama starring Jessica Garcie. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas for the Ages** Comedy drama. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Dick Tracy Vs Cueball** Thriller. (1946, b/w, PG) ★★
7.20 **Matinee Idols**
7.35 **Death Goes to School** Mystery. (1953, b/w, U, 65min) ★★
8.50 **Cinebox Memories**
8.55 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★
10.40 **The Beverly Hillbillies** (S2)
11.10 **Fiend Without a Face** Sci-fi chiller. (1958, PG, 75min) ★★
12.45 PM **Stars We Have Lost**
1.00 **Night Boat to Dublin** (1945) ★★
2.55 **Scotland Yard** 28/39. (S1)
3.30 **The Vise** 31/39. (S1)
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **The October Man** (1947) ★★★
7.50 **Look at Life** Documentary.
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 6/8. (S2)
9.10 **Who Do You Do?**
9.45 **Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
11.40 **The Heritage Chart Show**
12.45 AM **Be My Guest** Comedy drama with David Hemmings. (1964, U, 90min) ★★
2.25 **Dead Gorgeous** Crime comedy.
4.25 **The Adventures of Robin Hood**
4.55 **The Buccaneers** 1/39. (S1)
5.25 **to 6.00** AM **Strange But True**

SUNDAY Sport

4 January

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE United Cup Tennis** Coverage of the mixed-gender team tournament in Australia.
7.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup and WTA & ATP Brisbane Open.
11.00 **LIVE EFL Birmingham City v Coventry City.** Coverage of the Championship match from St Andrew's @ Knighthead Park, as the teams meet for the second time this season. Kick-off 12.00noon.
2.00 PM **LIVE Premier League Fulham v Liverpool.** Coverage of the top-flight match staged at Craven Cottage. Kick-off 3.00pm.
5.25 **LIVE Super Sunday Manchester City v Chelsea.** The Premier League match at Etihad Stadium. Kick-off 5.30pm.
8.15 **LIVE NFL** A week 18 match.
9.15 **LIVE NFL** Coverage of another fixture in week 18 of the season.
12.30 AM **NBC's FNIA**
1.10 **LIVE NFL** A week 18 match.
4.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the Tours, including the WTA Auckland Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **The Sunday Supplement**
11.00 **Premier League Highlights**
1.30 PM **LIVE Super Sunday Newcastle United v Crystal Palace.** Coverage of the Premier League match staged at St James' Park. The Magpies put in a stellar display in the corresponding match last season as they claimed a crushing 5-0 win over the Londoners. Kick-off 3.00pm.
5.00 **LIVE Super Sunday Manchester City v Chelsea.** Coverage of the Premier League match staged at the Etihad Stadium. The Blues are looking to bring an end to a terrible recent record against the Citizens, having not won in the last 11 meetings in all competitions, although the last victory was a memorable one as it saw them triumph 1-0 in the 2020/21 Champions League final. Kick-off 5.30pm.
8.30 **Super Sunday: Extra Time**
9.30 **Premier League 100 Club**
10.00 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
9.45 **SPFL Highlights**
10.30 **EFL Highlights** Championship.
11.00 **LIVE EFL Birmingham City v Coventry City.** Coverage of the Championship match from St Andrew's @ Knighthead Park, as the teams meet for the second time this season. Kick-off 12.00noon.
2.30 PM **LIVE Premier League Tottenham Hotspur v Sunderland.** Coverage of the top-flight match staged at Tottenham Hotspur Stadium. Harry Kane scored the only goal in a 1-0 victory the last time Spurs played host to the Black Cats, in a match that took place at White Hart Lane in the 2016/2017 season. Kick-off 3.00pm.
5.30 **SPFL Highlights**
6.15 **EFL Highlights** Championship.
6.30 **EFL** Another chance to see Birmingham City v Coventry City.
8.30 **EFL Cup Highlights**
9.30 **SPFL Highlights** Celtic v Rangers.
10.00 **EFL Highlights** Championship.
1.15 AM **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
4.00 **Championship Season Review**
5.00 **to 6.00** AM **EFL Rivalries**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **LIVE Big Bash League Melbourne Stars v Melbourne Renegades.** The T20 match from Melbourne Cricket Ground.
10.15 **LIVE Big Bash League Perth Scorchers v Adelaide Strikers.** Coverage of the T20 match at Optus Stadium. The Strikers were bowled out for 161 when the teams met here last season, and the Scorchers proceeded to knock that total off in 16.2 overs.
1.45 PM **Best of ICC WT20**
2.00 **Best of England v South Africa**
2.15 **Best of Jimmy Anderson: 500th Wicket** From 2017.
2.25 **LIVE ILT20** The final at Dubai International Cricket Stadium.
5.45 **Best of ICC WT20**
6.00 **Big Bash League**
8.00 **SA20** Highlights from MI Cape Town v Paarl Royals in Cape Town.
9.00 **Big Bash League**
10.00 **SA20** Recent highlights.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Roots** Shane Lowry.
6.30 **US Open Official Films**
1.30 PM **LIVE Premier League Everton v Brentford.** Coverage of the top-flight match from Hill Dickinson Stadium. The Toffees were unable to take advantage of having an extra man for the entire second half when they hosted the Bees at Goodison Park last season, as the Londoners held out for a point in a 0-0 draw after seeing Christian Norgaard dismissed for a knee-high challenge on Jordan Pickford four minutes before half-time. Kick-off 3.00pm.
5.30 **US Open Official Films**
8.30 **TGL** Highlights from Boston Common v Los Angeles.
10.30 **US Open Official Films**
5.30 **to 6.00** AM **Chronicles of a Champion Golfer**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE United Cup Tennis** Coverage of the mixed-gender team tournament in Australia.
7.30 **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
11.00 **LIVE United Cup Tennis Canada v China and Italy v Switzerland.** Coverage of the matches at Ken Rosewall Arena and RAC Arena respectively.
3.30 PM **WTA & ATP Tennis**
10.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE The Ashes Australia v England.** Coverage of day one of the series-concluding fifth Test.
7.30 **The Gallagher PREM**
8.30 **LIVE Isuzu UTE A-League Adelaide United v Central Coast Mariners.** From Coopers Stadium. Kick-off 8.35am.
10.30 **The Ashes** Australia v England.
11.30 **LIVE Premier League Leeds United v Manchester United.** Coverage of the top-flight match at Elland Road. Kick-off 12.30pm.
3.00 PM **LIVE The Gallagher PREM Leicester Tigers v Saracens.** Coverage of the top-flight match at Mattioli Woods Welford Road. Kick-off 3.00pm.
5.30 **The Ashes** Australia v England.
6.30 **Serie A** Lazio v Napoli.
7.30 **LIVE Serie A Inter Milan v Bologna.** The Italian top-flight game at San Siro. Kick-off 7.45pm.
9.45 **UEFA Champions League**
10.00 **The Ashes** Australia v England.
11.00 PM **to 6.00** AM **LIVE The Ashes Australia v England.** Coverage of the second day of the series-concluding fifth Test held at Sydney Cricket Ground.

TNT Sports 2

411 414 522 409 431

6.45 AM **TNT Sports Reload**
7.15 **Alpine Skiing** From Slovenia.
8.15 **LIVE Alpine Skiing** Run one of the women's slalom from Slovenia.
10.00 **TNT Sports Reload**
10.15 **LIVE Cross Country Skiing** The men's mass start freestyle 10km from Fiemme Valley, Italy.
11.15 **LIVE Serie A Lazio v Napoli.** The Italian top-flight match staged at Stadio Olimpico. Although Napoli won the league last term, Lazio took four points from the two league meetings between the sides. Kick-off is at 11.30am.
1.30 PM **The Ashes** Highlights.
2.30 **LIVE The Gallagher PREM Leicester Tigers v Saracens.** Coverage of the top-flight encounter at Mattioli Woods Welford Road. Kick-off 3.00pm.
5.30 **One-Day International Cricket**
8.30 **TNT Sports Cricket Reload**
9.00 **UIM F1H2O World Championship Highlights**
9.30 **TNT Sports Reload**
10.00 **The Gallagher PREM**
11.00 **Serie A** Action from Italy.
1.00 AM **Premier League**
2.30 **TNT Sports Reload**
3.00 **to 6.00** AM **MotoGP Classics**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
9.00 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
9.45 **NFL Bitesize Highlights**
10.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **NFL Highlights** Atlanta Falcons v Los Angeles Rams.
2.00 **NFL Gameday** A round-up of the latest American football news and results and a look ahead to forthcoming matches.
5.30 **LIVE NFL** Coverage of a week 18 match. Kick-off 6.00pm.
9.15 **LIVE NFL** A week 18 fixture.
12.30 AM **NBC's FNIA** Including a preview of tonight's week 18 match, plus reaction to the final weekend of the regular season.
1.10 **LIVE NFL** Coverage of another match in week 18 of the season.
4.30 **NFL Bitesize Highlights** Recent action, featuring Indianapolis Colts v San Francisco 49ers.
5.30 **49 Hours** A behind-the-scenes look at the 49 hours before a San Francisco 49ers game.
5.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
11.00 **EFL Build-Up** All the build-up to the day's English Football League action across all three divisions, including expert opinion, the latest team news and analysis.
11.55 **LIVE EFL** A Championship match. Kick-off is at 12.00noon.
2.00 PM **LIVE Premier League** Stay across the goals and key moments from across the grounds with simultaneous coverage of all four 3.00pm kick-offs in the Premier League.
5.30 **LIVE NFL** Coverage of a week 18 match. Kick-off 6.00pm.
9.00 **LIVE NFL** Coverage of another fixture in week 18 of the season.
12.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **Big Bash League**
7.00 **SA20** Recent action.
9.00 **PGA Champs Official Film**
11.00 **SA20** Recent highlights.
1.00 PM **Best of Jimmy Anderson: 500th Wicket** From 2017.
1.10 **Best of Sky Cricket**
1.20 **LIVE SA20 MI Cape Town v Paarl Royals.** Coverage of the match staged at Newlands Cricket Ground in Cape Town.
5.00 **NFL Bitesize Highlights**
5.30 **NFL Redzone** Coverage of the NFL Network show that switches between today's games, featuring all the latest developments.
12.30 AM **NFL Bitesize Highlights**
1.00 **Big Bash League**
2.00 **SA20** Recent action.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **NFL Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE A-League Women Melbourne City v Sydney FC.** Coverage of the match from ctrl:cyber Pitch. Kick-off 6.00am.
8.00 **Reframe the Game**
8.30 **LIVE Nordic Combined Skiing** In Schonach, Germany.
10.30 **UIM F1H2O World Championship Highlights**
11.00 **TNT Sports Reload**
11.15 **LIVE Alpine Skiing** Run two of the women's slalom in Slovenia.
12.15 PM **LIVE Ski Jumping** Coverage from Innsbruck, Austria.
2.30 **LIVE Cross Country Skiing** The women's mass start freestyle 10km from Fiemme Valley, Italy.
3.15 **Playing for Our Future**
3.30 **Isuzu UTE A-League**
9.30 **Cyclocross** From Zonhoven.
10.30 **Alpine Skiing** From Slovenia.
11.30 **Ski Jumping** From Innsbruck.
12.00 M'T **to 6.00** AM **Isuzu UTE A-League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **The Gallagher PREM**
9.00 **TNT Sports Reload**
9.15 **LIVE Luge** From Sigulda, Latvia.
9.45 **UEFA Champions League**
10.30 **LIVE Luge** From Sigulda, Latvia.
11.00 **MotoGP Films**
11.30 **Cyclocross** From Gullegem.
12.30 PM **LIVE Cyclocross** Women's World Cup meeting in Zonhoven.
1.45 **TNT Sports Reload**
2.00 **LIVE Cyclocross** In Zonhoven.
3.30 **MotoGP Classics**
6.30 **TNT Sports Reload**
7.00 **MLB Plays of the Year**
8.00 **Playing for Our Future**
8.15 **WRC: More Than Machine**
9.00 **Dakar Rally Saudi Arabia**
10.00 **UFC: The Ultimate Fighter**
12.00 M'T **Cyclocross** In Zonhoven.
1.00 AM **Alpine Skiing**
2.00 **Ski Jumping** From Innsbruck.
2.30 **UFC: The Ultimate Fighter**
4.30 **Cyclocross** From Zonhoven.
5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 551

6.00 AM **Scottish Rally Championship**
6.30 **Sporting Countdowns**
7.00 **NHL Tonight** The top 50 players.
8.00 **United Rugby Championship**
10.00 **Champions Cup Highlights**
11.00 **LaLiga** Elche v Villarreal.
12.55 PM **LIVE LaLiga Sevilla v Levante.** Kick-off 1.00pm.
3.00 **LaLiga Match Highlights**
3.10 **LIVE LaLiga Real Madrid v Real Betis.** Kick-off 3.15pm.
5.15 **LaLiga Match Highlights**
5.25 **LIVE LaLiga Alavés v Oviedo.** The Spanish top-flight match at Mendizorrotza. Kick-off 5.30pm.
7.30 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Real Sociedad v Atlético Madrid.** Coverage of the Spanish top-flight match at Reale Arena. Kick-off 8.00pm.
10.00 **Sporting Greats**
10.30 **United Rugby Championship**
2.30 AM **LaLiga** A match replay.
4.30 **Scottish Rally Championship**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** A match replay.
8.00 **Top 14 Rugby Union**
10.00 **LaLiga** Osasuna v Athletic Bilbao.
12.00 NOON **Top 14 Rugby Union**
2.00 PM **NHL on the Fly**
3.00 **NHL Ice Hockey** Washington Capitals v Chicago Blackhawks.
5.00 **Bike World** Magazine.
5.30 **Temples of Sport**
6.00 **Top 14 Rugby Union** A replay of Bordeaux Begles v Racing 92.
8.00 **LIVE Top 14 Rugby Union La Rochelle v Toulon.** The top-flight match at Stade Marcel-Deflandre. Kick-off 8.05pm.
10.00 **LIVE NHL Ice Hockey Florida Panthers v Colorado Avalanche.** The inter-conference match staged at Amerant Bank Arena. Face-off 10.00pm.
1.00 AM **Temples of Sport**
2.00 **NHL Ice Hockey**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports Darts

407 407 516 506 424 444

6.00 AM **World Darts Championship**
9.30 **Darts Gold** Archive highlights.
10.00 **World Darts Championship**
2.30 PM **Darts Gold** Archive action.
3.00 **World Darts Championship** Highlights of the semi-finals at Alexandra Palace in London.
4.00 **World Darts Championship** Another chance to see the final from Alexandra Palace in London.
7.30 **Darts Gold** Archive highlights.
8.00 **World Darts Championship** Highlights from the final at Alexandra Palace in London.
9.00 **Rob & Romesh vs Darts**
11.00 **World Darts Championship**
2.30 AM **Darts Gold** Archive action.
4.30 **John Part's Journey 2001-08**
5.00 **The Taylor Years**
5.30 **to 6.00** AM **30 Years of the PDC World Champs**

Monday

5 January

Evening Planner

Soap

Corriedale
ITV1, 8pm
A serious multiple vehicle collision brings the soap worlds of Weatherfield and the Dales together in this special episode.

Crime Drama

Lynley
BBC1, 8.30pm (box set, BBC iPlayer)
Leo Suter takes on the role of Elizabeth George's detective Thomas Lynley, with Sofia Barclay as DS Barbara Havers.

Documentary

Lucy Worsley's Victorian Murder Club
BBC2, 9pm (box set, BBC iPlayer)
The historian examines the unsolved case of a Victorian serial killer.

Thriller

The Dive
Film4, 9pm
When two sisters go diving in a remote location, one is trapped underwater by a landslide in this survival thriller.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Trace, Track...	8.30 Lynley			10.00 News; Local News	
	102 BBC2	7.00 Global Eye	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 Lucy Worsley's Victorian Murder Club		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	7.00 Emmerdale	7.30 Coronation...	8.00 Corriedale		9.00 Red Eye		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Protein: Everything You Need to Know		9.00 Celebrity SAS: Who Dares Wins		10.00 First Dates Beach Club	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Murder Suspect No 1		10.00 Forensics: Crash Scene Investigators	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: Wonder Woman					10.30 Murder at the...
ENTERTAINMENT	115 BBC3		7.05 SpongeBob...	7.30 Top Gear Africa Special – Part One	8.30 Top Gear Africa Special – Part Two		9.30 Movies with Ali...	10.00 Film: Mission: Impossible	
	116 BBC4	7.00 Thailand: Earth's Tropical Paradise		8.00 Pavlopetri – The City Beneath the...		9.00 Call My Bluff	9.30 Face the Music	10.00 Imagine: Frank Gehry – The Architect...	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 The 1% Club		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Supercruising: Life at Sea		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Watson		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	◂ 6.40 Open...	7.20 Dad's Army	8.00 The Good Life			9.55 Not Going Out		10.35 The Good...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Film: Rambo: First Blood Part II			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Out of Order		10.00 Dara O Briain – Craic Dealer	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Rob & Romesh vs Shakespeare		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: 70 Years Young					
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Animals Reunited		9.00 Pete Wicks: For Dogs' Sake		10.00 The Supervet: Noel Fitzpatrick	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Salvage Dawgs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bear	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Construction Fails	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Heist: Robbing The Bank of England	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Mediterranean with Simon Reeve		9.00 Russia with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 I Am Luke Perry				9.00 Murder at the Post Office		10.00 Murder on Middle Beach	
FILMS - Sky Cinema	301 PREMIERE	◂ 5.40 Sinners		8.00 28 Years Later				10.00 All the Devils Are Here	
	302 BLOCKBUSTERS	◂ 5.55 E.T. The Extra Terrestrial		8.00 Indiana Jones and the Kingdom of the Crystal Skull				10.05 Transformers	
	303 SCIENCE FICTION	◂ 6.25 Gravity		8.00 The Matrix					10.25 Pacific Rim
	304 GREATS	◂ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 Indiana Jones and the Last Crusade	
	305 ANIMATION	◂ 5.45 Monster Family 2	7.40 Deep Sea				9.45 Batman: Return of the Caped Crusaders		
	306 FAMILY	◂ 6.00 Lemony Snicket's A Series of...		7.55 The Karate Kid				10.05 Paul Blart: Mall Cop	
	307 ACTION	◂ 5.45 Batman Returns		8.00 Demolition Man				10.00 The Amazing Spider-Man	
	308 COMEDY	◂ 6.15 Police Academy		8.00 Police Academy 2: Their First Assignment			9.35 Police Academy 3: Back in Training		
	309 THRILLER	◂ 6.00 Jaws 2		8.00 Collateral				10.00 American Gangster	
	310 DRAMA	◂ 5.45 It Ends with Us		8.00 American Sniper					10.20 Cool Hand Luke
	311 HORROR	◂ 6.15 Opus		8.00 Wolf Man				10.00 Bram Stoker's Dracula	
	313 FILM4		7.05 Taxi			9.00 The Dive			
SPORT	401 MAIN EVENT	7.00 The Transfer...	7.30 EFL – Live: Leicester City v West Bromwich Albion (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Ref Watch	8.30 Netbusters	9.00 PL Review		10.00 Ref Watch	10.30 Netbusters
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL – Live: Leicester City v West Bromwich Albion (Kick-off 8.00)						10.30 EFL Goals
	405 CRICKET	7.00 Big Bash League		8.00 SA20				10.00 Big Bash League	
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage of Group One of the Champions League					9.30 Cricket Reload	10.00 The Ashes	
	411 TNT SPORTS 2	◂ 6.30 Premier League		8.01 Isuzu UTE A-League		9.00 Fishing: On the Bank		10.00 Ninja A-League	10.30 PL Stories

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Lost and Found in the Lakes** 1/16. Lost treasures are reunited with previous owners. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition Devon and Suffolk. (S)
3.45 **Garden Rescue** New edition (S)
4.30 NEW SERIES **The Travelling Auctioneers** 1/15. With James Broad and Robin Johnson. (S)
5.15 SERIES RESUMES **Pointless** (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show Lauren Laverne and Angellica Bell host the topical show. (S)
7.30 EastEnders Jean's behaviour causes concern, Phil and Julie visit a care home with Nigel, while Kathy gets badmouthed. (S)(AD)

8 PM

8.00 Trace, Track, Get My Car Back Vehicle tracker Richard races to find a stolen Audi before it's dismantled. (S)(R)
8.30 NEW SERIES **Lynley** *A Place of Hiding:* 1/4. Detective drama based on Elizabeth George's novels, starring Leo Suter and Sofia Barclay. Two mismatched detectives must work together to solve the murder of a wealthy landowner. *See feature, page 11.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

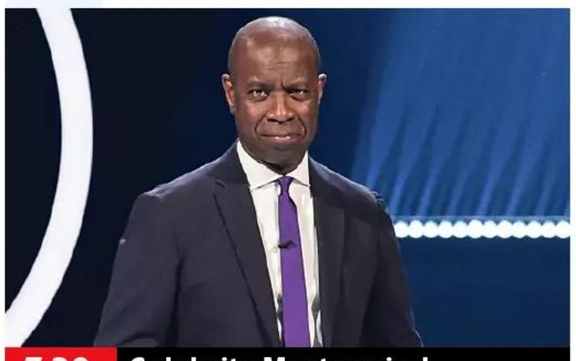
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **The Hunger Games** Sci-fi adventure based on the novel by Suzanne Collins, starring Jennifer Lawrence. In a nightmarish future America, a plucky 16-year-old girl volunteers to take her sister's place in a savage televised tournament. With Josh Hutcherson, Liam Hemsworth and Woody Harrelson. (S) (2012, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Would I Lie to You?** With panellists Julie Hesmondhalgh, Chris McCausland, Yinka Bokinni and Harriet Kemsley. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Sign Zone: Antiques Roadshow: Unseen Treasures** (R)
7.30 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** Quiz. (S)(R)
2.15 **The Manor Reborn** (S)(R)(AD)
3.15 **Hidden Treasures of the National Trust** From Hardwick Hall. (S)(R)
4.15 **Madagascar** (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts from Layer Marney Tower, Essex. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Huge Davies, Amy Dowden, Humphrey Ker and Jamie-Lee O'Donnell. (S)
6.30 NEW SERIES **Robson Green's Weekend Escapes** 1/15. The Rev Richard Coles joins Robson to explore Northumberland. (S)(AD)



7.30 Celebrity Mastermind

7.00 Global Eye Featuring investigations from BBC correspondents across the world. (S)
7.30 Celebrity Mastermind New edition With Alexander Dragonetti, Janine Harouni, Greg McHugh and Laura Davies. (S)
8.00 Only Connect New edition The Metrophiles take on The 5Ks in the first semi-final of the quiz. (S)
8.30 University Challenge New edition Churchill College, Cambridge, take on Merton College, Oxford. (S)
9.00 NEW SERIES **Lucy Worsley's Victorian Murder Club** 1/3. Investigating the case of a little-known Victorian serial killer – the Thames Torso Murderer – who was never caught. *See feature, page 21.* (S)(AD)
■ Entire series on BBC iPlayer
10.00 Mortimer & Whitehouse: Gone Fishing 1/6. Paul Whitehouse and Bob Mortimer fish for chub in the Irfon and Wye rivers. (S)(R)(AD)
10.30 Newsnight (S)
11.00 Titanic Sinks Tonight 3/4. As the liner goes down fast, there is a scramble for places in the remaining lifeboats. (S)(R)(AD)
12.00 M'T 4/4. Those aboard the lifeboats must make a life-or-death decision. (S)(R)(AD)
1.00 AM **Sign Zone: Countryfile** Hamza Yassin heads to a lighthouse that has become a centre for dolphin research. (S)(R)
1.55 **Sign Zone: The Traitors** (S)(R)(AD)
3.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 NEW SERIES **Dickinson's Real Deal** David Dickinson and his team assess items in Nottingham, where a collection of costume jewellery turns out to be worth more than £1,000. (S)
3.00 **Time Is Money** New edition Quiz hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Luke takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 Emmerdale

7.00 Emmerdale A lifeless body is dragged away by an unseen assailant. (S)(AD)
7.30 Coronation Street The wedding guests prepare to leave the reception in the minibus, while the bride jumps into a drunken Carl's car. (S)
8.00 NEW **Corriedale** A crossover episode between *Coronation Street* and *Emmerdale* in which characters from both soaps converge after a car crash on a dark and stormy country road between Hotton and Weatherfield. (S)
9.00 Red Eye New episode 4/6. After surviving her fight with Fox, Hana wonders why he spared her, while Delaney and Peterson try to defuse the bomb themselves. (S2) (S)(AD)
■ Entire series on ITVX
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **The Goonies** Family adventure starring Sean Astin, Josh Brolin and Corey Feldman. A gang of children set off in search of pirate treasure and come across the hideout of a counterfeiting gang. (S) (AD) (1985, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Teleshopping**
3.00 **Riches** 1/6. Drama starring Hugh Quarshie. Following a sudden death, the estranged children of Stephen Richards return to the UK to discuss the future of the family business. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **Cheers** 2-5/26. (S5) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S6&7) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 NEW SERIES **A New Life in the Sun** Emily and Dave from West Yorkshire take on a new life as publicans in a French village. (S)
5.00 NEW SERIES **Junior Bake Off** 1/15. Harry Hill returns with the junior version of the baking contest, starting with Cake Week. (S)(AD)
6.00 **A Place in the Sun** New edition Jasmine Harman helps a couple who are looking for a property on the eastern Costa del Sol. (S)

8.00 Protein: Everything You Need...

7.00 **News** (S)
8.00 NEW **Protein: Everything You Need to Know** Gemma Atkinson discusses the health obsession surrounding protein, to investigate what is really in protein-heavy products and how much is actually needed. (S)(AD)
9.00 Celebrity SAS: Who Dares Wins New edition The celebrities are thrown into a life-or-death combat scenario where they're forced to decide in a heartbeat whether to fire or hold their nerve. (S)(AD)
10.00 First Dates Beach Club New edition Lauren from Newcastle begins the hunt for her 'wifey for lifey', and Sami is given food for thought when Shanae has plenty to say about Jacques. (S)(AD)
11.05 **Gogglebox 2025** (S)(SL)(R)(AD)
12.30 AM **Ramsay's Kitchen Nightmares USA** (S)(R)
1.20 **2025: The Year from Space** Life on Earth, as viewed by satellites above. (S)(SL)(R)(AD)
2.45 **Judi Dench: Shakespeare, My Family and Me** (S)(SL)(R)(AD)
3.40 **Couples Come Dine with Me** From Colchester, Essex. (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **NEW SERIES** **Storm & Alexis** Topical discussion. (S)
12.45 PM **News** (S)
12.50 **NEW SERIES** **Matt Allwright** Debate on the day's stories. (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** 1/6. First episode of the drama with Sally Lindsay. (S1) (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Troy and Nikki surprise Tammy with a marina party and framed memories. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** The Royal Family's race to be by Elizabeth II's side in her final moments at Balmoral. (S)(R)
6.55 **News** (S)

8.00 Police Interceptors

7.00 **Motorway Cops: Catching Britain's Speeders** An officer races to the scene when a child is knocked off his bike by a car outside a school in Gateshead. (S)(R)
7.55 **News** (S)

8.00 **Police Interceptors** New edition An officer pursues a vehicle suspected of being involved in organised crime, while four masked criminals attempting to rob a container in a storage facility are disturbed by two cops. (S)

9.00 **NEW SERIES** **Murder Suspect No 1** Documentary following homicide investigations, beginning with the case of a man beaten to death in a basement squat in the early hours of the morning. (S)

10.00 **Forensics: Crash Scene Investigators** The work of North Yorkshire's forensic collision investigators. A man is killed after being thrown from his car, and a stranded motorist is hit from behind by a van. (S)(R)

11.05 **Traffic Cops** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Your Dream Kitchen for Less** A Somerset couple want a twist on a period kitchen. (S)(R)
3.50 **World's Most Scenic River Journeys** Guadalquivir. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive Australia** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **S.W.A.T.** 10/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **The Simpsons** *Friends and Family:* Homer meets a woman who acts just like him. (S)(R)
5.30 *Monty Burns' Fleeing Circus:* Mr Burns puts on a variety show at the Springfield Bowl. (S)(R)
6.00 **The Office (US)** 21/24. Kelly discovers that a man even more perfect than Ryan exists. (S)(R)
6.30 22/24. Andy shows up at a fundraising auction for Robert Lipton. (S8) (S)(R)

8.00 Wonder Woman

7.00 **The Simpsons** *The Town:* Homer takes the family to Boston to show Bart what a terrible city it is. (S)(R)
7.30 *Trust But Clarify:* Marge helps Homer dress for a promotion, while Bart and Lisa investigate a new candy. (S)(R)

8.00 **FILM** **Wonder Woman** Fantasy adventure starring Gal Gadot. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Chris Pine, David Thewlis and Connie Nielsen. (S) (2017, 12, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.30 **Murder at the Post Office** *The Last Eyewitness:* 2/3. At trial, the prosecution alleges Robin was stealing from the Post Office and evidence from the Horizon computer system is a key part of the case against him. (R)

11.30 **The Force: Manchester** Double bill following the work of Greater Manchester Police. (S)(R)
1.30 AM **Brit Cops: Frontline Crime UK** Police officers in west Wales deal with a dangerous domestic incident. (S)(R)(AD)
2.30 **Monkey Life** (S)(R)
3.00 **S.W.A.T.** 10/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.50am Scotcast (S)(R) **1.20** Would I Lie to You? (S)(R) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm **NEW SERIES** House of the Year (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm **NEW SERIES** Bear Grylls: Wild Reckoning (S) **8.00-8.30** Our Lives: Guardian of the Night (S)(R) **10.40** Dating Apps: The Inside Story (S)(R) **11.35** **FILM** The Hunger Games (S) (2012, 12, 130min) ★★★★ **1.45-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Bog Amach (S)(R)

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Mari Grug: Un Dydd ar y Tro **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** **NEW SERIES** Gwlad y Basg: Gwilym Bowen Rhys **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.58** Y Tywydd **10.00** Sgorio **10.30** Y Cyfweliad **11.05-11.40pm** Dim Cwsg i Quinnell (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** A prehistoric sponge is unfrozen and causes chaos. **7.15** A flock of clams follow SpongeBob in the hope he will feed them.
7.30 **Top Gear Africa Special** Jeremy Clarkson, Richard Hammond and James May visit Africa on a mission to find the definitive source of the Nile using grit, ingenuity and ageing estate cars.
9.30 **Movies with Ali Plumb** Tom Cruise discusses the *Mission: Impossible* movies.
10.00 **FILM** **Mission: Impossible** Brian De Palma's action thriller based on the cult 1960s TV series, starring Tom Cruise. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
11.45 **The Fast and the Farmer-ish** Seven editions.
3.15 **to 4.00** AM **Stacey Dooley: Meet the Shoplifters**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Thailand: Earth's Tropical Paradise** 1/3. The wildlife and culture of the Southeast Asian nation.
8.00 **Pavlopetri: The City Beneath the Waves** Experts investigate the world's oldest submerged city.
9.00 **Call My Bluff** Patrick Mower, Russell Harty, Nanette Newman and Gabrielle Drake take part.
9.30 **Face the Music** With David Attenborough, Joyce Grenfell and Richard Baker.
10.00 **Imagine: Frank Gehry – The Architect Says 'Why Can't I?'** A 2015 profile of the architect and designer.
11.10 **Frank Gehry: Masterbuilders** A 1993 profile of the architect.
11.50 **The Brits Who Designed the Modern World**
12.55 AM **Ian Rankin Investigates: Dr Jekyll and Mr Hyde**
1.50 **Pavlopetri: The City Beneath the Waves**
2.55 **to 3.55** AM **Thailand: Earth's Tropical Paradise**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple want to downsize from their large country home and find two new properties – one in Lewes and one in Majorca.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend try to restore a 1955 Ford Poplar.
6.55 **Car S.O.S** Tim and Fuzz work on a BMW E30 Alpina.
7.55 **The Dog House** Attempts are made to pair Staffordshire bull terrier Gloria with a woman who has suffered a break-up.
9.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam's* crew prepare to set sail from Fort Lauderdale on a two-week voyage around the Caribbean.
10.00 **24 Hours in A&E** A 58-year-old woman is brought into the hospital after being run over by a lorry, and a 65-year-old man receives treatment after falling from a loft ladder.
11.05 **24 Hours in A&E** A 36-year-old man is involved in a traffic collision.
12.05 AM **Emergency Helicopter Medics**
1.05 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **The Simpsons**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons** Double bill of the animated comedy.
7.00 **Hollyoaks** The Osbornes and Hutchinsons aim to put past feuds behind them.
7.30 **The Simpsons** *Homer the Whopper:* Homer is cast as the lead in a superhero movie penned by Comic Book Guy.
8.00 **First Dates** A 29-year-old woman returns to the dating scene and is paired with a 36-year-old heavily tattooed security guard.
9.00 **Gogglebox** *Big Beasts, Queer Eye* and *Below Deck Sailing Yacht* are appraised.
10.00 **Gogglebox** Opinions on *Sitting on a Fortune, Britain's Got Talent* and *Casualty*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **First Dates**
2.10 **Gogglebox**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **FBI** 6/22. The team must track down a shooter targeting detectives. (S4)
1.00 PM **The Rookie** 6/22. The team go on a hunt for a buried stash of gold. (S4)
2.00 **Send in the Dogs**
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Watson

7 PM

7.00 Police 24/7 Following the work of police officers. Suspects lead police on a car chase, then a foot chase through houses.

8 PM

8.00 Law & Order: Criminal Intent *Country Crossover:* 7/22. The team search for a motive when a hip-hop producer is killed. (S6)

9 PM

9.00 Watson Series finale *My Life's Work – Part Two:* 13/13. Shinwell helps the team, and John finally confronts Moriarty. (S1)

10 PM

10.00 Blue Bloods *New York Minute:* 14/18. A detective is killed at an art gallery suspected of selling counterfeit pieces. (S14)
11.00 **The Rookie** 20/20. (S2)
12.00 M'T **Law & Order: Criminal...**
1.00 AM **FBI** 6/22. (S4)
2.00 **FBI: Most Wanted** Series finale 22/22. (S6)
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **Richard E Grant's Hotel Secrets** From Venice.
8.00 **Boardwalk Empire** (S1)
10.15 **The Sopranos** (S1)
12.15 PM **Game of Thrones** (S1)
2.20 **The Wire** 1/13. Crime drama starring Dominic West. **3.25** 2/13. D'Angelo is questioned after a witness in his trial is murdered. (S1)
4.30 **Westworld** 1/10. Sci-fi drama starring Anthony Hopkins. (S1)
5.40 **Deadwood** 1/12. Western drama with Ian McShane. (S1)

9.00 House of the Dragon

6.50 Game of Thrones *Winter Is Coming:* 1/10. First episode of the fantasy drama with Sean Bean and Mark Addy.

8.00 Game of Thrones *The Kingsroad:* 2/10. Bran clings to life as Ned prepares to head south with the king. (S1)

9.00 House of the Dragon *The Heirs of the Dragon:* 1/10. First episode of the *Game of Thrones* prequel starring Paddy Considine.

10.15 House of the Dragon *The Rogue Prince:* 2/10. Viserys is urged to secure the succession through a new marriage. (S1)
11.30 **Deadwood** As 5.40pm.
12.40 AM **All Her Fault** 1/8. Mystery thriller starring Sarah Snook. **1.40** 2/8. Marissa and Jenny raise awareness, and a press conference turns ugly. (S1)
2.40 **Game of Thrones** (S1)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The 00s: Cinema's Greatest Decade** Films from the 2000s.
9.00 **Stargate SG-1** 9&10/22. (S5)
11.00 **SEAL Team** 13/14. (S5)
12.00 NOON **The Flash** 1/20. (S8)
1.00 PM **Hawaii Five-0** (S8)
3.00 **S.W.A.T.** 10/21. (S3)
4.00 **NCIS: Los Angeles** 19/21. (S14)
5.00 **SEAL Team** 12/14. Jason must confront his deepest fears. (S5)
6.05 **Stargate SG-1** 9/22. The Tollans agree to share their technological secrets with High Chancellor Travell. (S5)

10.00 An Idiot Abroad

7.10 Stargate SG-1 *2001:* 10/22. The team meet a new race, who are eager to trade technology. (S5)

8.15 Never Mind the Buzzcocks With guests Anne-Marie, Jade Thirlwall and Nish Kumar.

9.00 Rob & Romesh vs Shakespeare The duo prepare to perform in *Romeo and Juliet* at Shakespeare's Globe.

10.00 An Idiot Abroad 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning with China.
11.00 **Fear the Walking Dead** 1/15. As the dead take over Los Angeles, Strand prepares to escape. (S2)
12.00 M'T **Mr Bigstuff** 1&2/6. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK**
3.00 **S.W.A.T.** 10/21. (S3)
4.00 **NCIS: Los Angeles** (S14)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **Celebrity Dinner Date**
9.00 **Olivia and Alex: Parenthood**
10.05 **Real Housewives and the Menopause** Double bill.
12.05 PM **Dinner Date**
1.05 **Celebrity Dinner Date**
2.05 **The Only Way Is Essex**
3.05 **Celebrity Dinner Date**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The 1% Club

7.00 Deal or No Deal Stephen Mulhern hosts the game show as Ellie takes on the Banker for the chance to win a cash prize.

8.00 The Real Housewives of Orange County Alexis revels in her new relationship with an ex-boyfriend of Shannon's.

9.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.

10.00 Family Guy 16/22. A murder is committed at Mayor West's mansion. **10.30** 17/22. Peter and Joe go to Canada. (S11)
11.00 **Family Guy** 1/22. (S11)
11.30 **American Dad!** New episode 11/22. Animation. (S20)
11.55 **American Dad!** (S18)
12.25 AM **Bob's Burgers** (S12)
1.25 **Olivia Attwood's Bad Boyfriends**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
7.05 **On the Buses**
8.10 **George and Mildred**
9.10 **Inspector Morse**
11.25 **Agatha Christie's Marple** *The Moving Finger:* The sleuth examines a poison-pen letter. **1.25** PM *By the Pricking of My Thumbs:* The sleuth look into a case of infanticide.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Long View:* PC Walker receives a tempting offer from an old friend.

10.00 Foyle's War

6.55 Heartbeat *A Wolf in Sheep's Clothing:* The arrival of a tax inspector in Aidensfield gets the villagers panicked.

8.00 Agatha Christie's Poirot *The King of Clubs:* The detective investigates when an actor witnesses a producer's murder.

9.00 Agatha Christie's Poirot *The Cornish Mystery:* The wife of a dentist believes her husband has made plans to poison her.

10.00 Foyle's War *The German Woman:* Police superintendent Foyle is frustrated at seeing everyone else go off to war, until he finds himself fighting his own battle on the home front.
11.55 **Trial & Retribution** 1/2. A massive police search leads to the body of a missing five-year-old. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Island Crossings**
3.00 **Sign Zone: Wild Horses, the Rockies and Me**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Mountain**
8.00 NEW SERIES **The Repair Shop on the Road** 1/15. Restoring a storm-worn memorial to lives lost at sea.
8.45 **Beechgrove Repotted**
9.05 NEW **Close to the Bone** Docu-drama about six British orphans sent to Australia in 1948.
10.00 NEW SERIES **Banjo and Ro's Grand Island Hotel** 1/6. Banjo Beale and Ro Christopher restore a derelict mansion.
10.30 **Two Doors Down** 1/6. First-ever episode. (S1)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Limmy's Show**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 9&10/10. (S3)
10.15 **Sex and the City** (S4)
11.30 **Entourage** 1&2/10. (S7)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S5)
2.40 **Ballers** 1&2/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 1/25. Sitcom starring Joel McHale. **7.15** 2/25. Jeff tries to get closer to Britta. (S1)
7.45 **Sex and the City** 1/8. Charlotte decides her marriage is over. **8.20** 2/8. Samantha admits she is seeing Richard again. (S5)
9.00 **Paul Chowdhry: Live Innit** Stand-up comedy.
10.15 **And Just Like That...**
11.10 **Community** (S1)
12.10 AM **Entourage** (S7)
1.15 **Ballers** 1&2/10. (S1)
2.30 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Sibelius & Bruckner**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: 70 Years Young**
10.50 **Notre-Dame: The Renaissance**
12.25 AM **Bryn Terfel: Celtic Beethoven**
1.50 **Jacqueline du Pré: Genius and Tragedy**
3.45 **Opera North's Resonance**
4.00 **Inside Art**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Schisms:* 5/26. The crew are afflicted by peculiar symptoms. (S6)
8.00 **Star Trek: Deep Space Nine** 3/26. (S7)
9.00 **FBI** 5&6/22. (S5)
11.00 **Grimm** 6/22. (S4)
12.00 M'T **Wynonna Earp**
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** A niece and aunty from Northern Ireland, and two married couples from Devon and Hertfordshire take part. **7.00** A London mother and daughter, two friends from West Sussex and an aunty and niece from Surrey and Herts take part in the quiz show. **8.00** A mother and son team, two Nottingham pals and two West Sussex friends compete.
9.00 **Alan Carr's Epic Gameshow: Celebrity Special** Famous faces take part in a reboot of *Play Your Cards Right*.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

6.10 AM **Home to Roost**
7.00 **Down to Earth** (S4)
8.00 **Born and Bred** (S3)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S3)
4.10 **Down to Earth** (S4)
5.20 **Doctor Finlay** 1/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 1/26. Hawkeye takes command. **8.00** 2/26. Hawkeye tries to speed up peace talks. **8.30** 3/26. Potter's new friendship causes some friction. (S7)
9.00 **Dear John** 1-3/7. (S1)
11.00 **Born and Bred** (S3)
12.00 M'T **Down to Earth** (S4)
1.10 AM **Rumpole of the Bailey** 2/6. (S7)
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S1)
3.00 **Highway to Heaven**
5.00 **to 5.50** AM **Man About the House**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **English Football League Highlights** Recent action.
9.35 **The Protectors**
10.10 **Boon**
11.20 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.50 **The Professionals** *It's Only a Beautiful Picture.*
5.55 **Minder** *A Tethered Goat:* Terry acts as the bodyguard for a Lebanese businessman.

9.00 Rambo: First Blood Part II

7.00 **American Pickers** Mike and Frank examine petrol station memorabilia, and stumble on an exciting piece of motoring history.
8.00 **The Motorbike Show** Henry Cole goes green-laning in Oxfordshire, and tells the story of the Streetfighter.
9.00 **FILM** **Rambo: First Blood Part II** Adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Lost** 1/25. First episode of the drama about stranded castaways with Matthew Fox. **12.00** M'T 2/25. The survivors discover a transceiver among the wreckage. (S1)
12.50 AM **Minder**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 21/26. (S4)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 23/26. (S4)
2.00 **Primeval** 2&3/7. (S4)
4.00 **Star Trek: Enterprise** (S4)
5.00 **Stargate SG-1** 7/22. (S1)
6.00 **Star Trek: The Next Generation** 21/26. A visiting Klingon officer admits to being a spy, sparking a witch-hunt among the *Enterprise* crew. (S4)

9.00 Grimm

7.00 **Star Trek: Deep Space Nine** *To the Death:* 23/26. The crew members must join forces with Jem'Hadar soldiers. (S4)
8.00 **Stargate SG-1** *Cold Lazarus:* 7/22. O'Neill is replaced by an alien double while on a mission. (S1)
9.00 **Grimm** *Wesen Nacht:* 6/22. A wave of coordinated Wesen gang vandalism results in the death of a business owner.
10.00 **Grimm** *Eve of Destruction:* 7/22. Nick is shocked by the return of Juliette, who has returned in the form of Eve. (S5)
11.00 **Wynonna Earp** 1/13. First episode. A descendant of Wyatt Earp reluctantly takes on the role that she is destined for – demon protector. (S1)
12.00 M'T **The Swarm** 1/8. (S1)
1.00 AM **Primeval** 2&3/7. (S4)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** 1/8. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 15/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 1/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8&9)
4.00 **The Mentalist** 15/22. (S5)
5.00 **Hudson & Rex** 7/16. The duo must protect a witness. (S4)
6.00 **Father Brown** *The Winds of Change:* A murderer begins using Kembleford's new model village to plan their attacks.

2.00 Murdoch Mysteries

7.00 **Miss Fisher's Murder Mysteries** *Cocaine Blues:* 1/13. First episode of the Australian crime drama set in the 1920s. (S1)
8.00 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the detective drama starring Ben Miller. (S1)
9.00 **Death in Paradise** *Death of a Detective:* 1/8. Richard Poole meets a sticky end at a university reunion. (S3)
10.00 **Father Brown** *The Royal Visit:* The visit of Princess Margaret to Kembleford is jeopardised when a school caretaker is found dead.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 1/21. First episode. An attorney hires her son as her law firm's in-house investigator. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.40 AM **Highlights**
9.35 **Are You Being Served?**
10.15 **Open All Hours**
10.55 **Keeping Up Appearances**
11.30 **Last of the Summer Wine**
12.50 PM **The Green Green Grass**
1.30 **Ever Decreasing Circles**
2.05 **The Thin Blue Line**
2.45 **Are You Being Served?**
3.25 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

8.00 The Good Life

7.20 **Dad's Army** Last episode of the wartime comedy. Lance Corporal Jones decides to make an honest woman of Mrs Fox.
8.00 **The Good Life** Barbara and Tom's work disturbs their neighbours. **8.40** Perky the pig gives birth to her litter in the middle of the night. **9.15** Tom converts the rotary cultivator into a means of transport.
9.55 **Not Going Out** Lucy becomes a relationship counsellor, so Lee and his father take advantage of her new-found skills in an effort to patch things up.
10.35 **The Good Life** As 8pm.
11.15 **The Good Life** Double bill.
12.30 AM **Not Going Out**
1.10 **The Good Life** Triple bill.
3.00 **to 4.00** AM **Keeping Up Appearances** First episode of the sitcom. Daddy sustains an injury while chasing a milkwoman on his bicycle.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.20 AM **James May's Things You Need to Know** Speed.
7.45 **Border Force: America's Gatekeepers** Double bill.
9.40 **Guy Martin: Last Flight of the Vulcan Bomber**
11.00 **Rick Stein's Far Eastern...**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Far Eastern Odyssey** Sri Lanka and Bali.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Dara O Briain, Denise Van Outen, Rhod Gilbert and Vernon Kay.
7.40 **Richard Osman's House of Games** Guests include Milton Jones and Ria Lina. **8.20** With Mathew Horne, Alex Beresford, Martel Maxwell and Chloe Petts.
9.00 **QI XL** Sandi Toksvig hosts as the show goes voyaging with panellists Joe Lycett, Nabil Abdulrashid, Lou Sanders and Alan Davies.
10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Camilla Long and Susan McCabe.
11.00 **Taskmaster** With Joe Lycett.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? at Christmas** With Guz Khan.
1.20 **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

Monday

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Location, Location, Location** From Surrey.
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **George Clarke's Old House, New Home**
3.55 **LIVE** **Football: AFCON** The fifth last-16 match from Adrar Stadium. Kick-off is at 4.00.
6.00 **Kirstie and Phil's Love It or List It**
6.55 **LIVE** **Football: AFCON** The sixth last-16 match. Kick-off is at 7.00.
9.00 **2025: The Year from Space** Documentary.
10.30 **Inside the World's Most Luxurious Hotels**
11.35 **Taskmaster's New Year Treat** With Big Zuu, Jill Scott, and Susie Dent.
12.35 AM **Celebrity SAS: Who Dares Wins**
2.35 **Taskmaster's New Year Treat**
3.40 **to 4.40** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
12.00 NOON **NCIS** (S20)
3.00 PM **Law & Order** (S7)
6.00 **NCIS** *Butterfly Effect:* 16/22. Knight's father deals with a health scare while in Japan. **7.00** *Stranger in a Strange Land:* 17/22. A Marine appears to have been killed for helping an Afghan refugee. **8.00** *Head Games:* 18/22. Kasie navigates a medical scare. (S20)
9.00 **Instinct** *Bad Actors:* 9/13. Two members of an acting troupe are poisoned. **10.00** *Bye Bye Birdie:* 10/13. A successful author is almost killed in her home. (S1)
11.00 **Law & Order: Special Victims Unit** (S16)
2.45 AM **Blue Bloods** (S9)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain Brits on Benefits** Double bill.
10.00 **22 Kids & Counting: Noel's Long-Lost Mum**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Emergency services respond to an accident.
10.00 **Surgeons: A Matter of Life or Death** ENT surgeon Shahz Ahmed prepares to remove a patient's bone tumour.
11.00 **Skin A&E**
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Good Wife** (S7)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Police Interceptors**
11.50 **FILM** **The Fighting Kentuckian** Western with John Wayne. (1949, b/w, U, 99min) ★★★
1.55 PM **FILM** **Dallas** Western starring Gary Cooper. (1950, U, 90min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Soldier: For King and Country** Documentary following the First Battalion Royal Welsh.
10.00 **Warship: Life at Sea** A look at everyday life aboard HMS *Duncan*.
11.05 **Banged Up Abroad**
12.05 AM **World's Deadliest Weather: Caught on Camera** Documentary.
1.10 **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' New Year Clearout**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **NEW** **Animals Reunited** Documentary featuring heart-warming stories of pets and their owners being reunited after a long separation.
9.00 **NEW SERIES** **Pete Wicks: For Dogs' Sake** Pete helps rescue six Chihuahuas from the home of a hoarder.
10.00 **The Supervet: Noel Fitzpatrick** Double bill.
12.00 M'T **Inside the Ambulance**
1.00 AM **Louis Theroux: Life on the Edge**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **At Home with the Braithwaites**
8.20 **Doctors**
9.35 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.05 **Howards' Way**
4.20 **Bergerac**
5.25 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Judge John Deed** *Conspiracy:* Jo prosecutes an MP charged with attempted murder.
10.00 **New Tricks** *Dead Poets:* The team re-examine the case of a poet found dead in a scrapyard.
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Jurassic Coast.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Angus Ashworth: Yorkshire Heritage Hero** New edition Angus discovers a treasure trove of wartime relics owned by family of a Battle of Britain hero.
10.00 **The Yorkshire Auction House** Angus clears out a farmhouse in Cumbria.
11.00 **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** Mikey North, Una Healy, Carl Froch and Alison Hammond compete for charity.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire?** Quiz show hosted by Chris Tarrant.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Five family members take part. **7.00** A team of five family and friends take part in the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A male voice choir compete in the quiz show hosted by Warwick Davis.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

6.00 AM **Cops Uncut**
6.50 **Emergency Rescue: Air, Land & Sea**
7.45 **The Persuaders!** (S1)
8.35 **Wanted: Dead or Alive**
9.00 **Tombstone Territory**
10.00 **FILM Texas** (1941) ★★★
12.00 NOON **The High Chaparral** 10/26. (S2)
1.00 PM **FILM The Return of Frank James** Western. (1940, U, 92min) ★★★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 **FILM Death Race** Thriller. (2008, 15) ★★★
11.20 **FILM Sniper Elite** Thriller. (2014, 15, 91min) ★★
1.25 AM **The Avengers** (S4)
2.25 **The New Avengers** (S1)
3.15 **FILM Asteroid: Final Impact** (2015, PG) ★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

6.00 AM **FILM Murder at the Mansion** (2018, PG) ★★
7.25 **FILM Framed By My Sister** (2021, 12) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 8/24. (S5)
12.10 PM **FILM The Gourmet Detective** (2015) ★★
2.05 **FILM Framed for Murder** (2022, 12) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 9/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **FILM Flower Shop Mystery: Mum's the Word** (2016, U) ★★
10.55 **FILM A Diagnosis of Murder** (1992, PG) ★★
12.50 AM **FILM A Housekeeper's Revenge** Thriller. (2016, PG) ★★
2.30 **FILM Til Ex Do Us Apart**
4.00 **FILM Grandma Dearest**
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

6.20 AM **FILM 12 Toys of Christmas** (2025, U) ★★
8.10 **FILM A Majestic Christmas** (2018) ★★
10.10 **FILM Royal Christmas Crush** (2023, U) ★★
12.00 NOON **FILM The Christmas Club** (2019)
1.55 PM **FILM Christmas at Maple Creek** (2020)
3.50 **FILM Christmas by the Book** (2022, PG) ★★
5.40 **FILM Christmas at the Greenbrier** Comedy. (2022, PG, 89min) ★★
7.35 **FILM Christmas at Plumhill Manor** Drama. (2024, PG, 85min) ★★
9.30 **FILM Christmas at the Plaza** (2019, U) ★★
11.25 **FILM Christmas Date** Comedy. (2019, U) ★★
1.30 AM **FILM The Santa Squad** (2020, PG) ★★
3.20 **FILM The Christmas Ball** (2020, PG) ★★
5.00 **to 6.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Ain't Misbehavin'**
2.00 **The Champions** (S1)
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Secrets of the Coast**
5.00 **The Prime of Miss Jean Brodie** 6/7. (S1)
6.00 **The Monkees** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S1)
7.30 **The Dustbinmen** (S1)
8.00 **The Champions** (S1)
9.00 **Ain't Misbehavin'** (S1)
10.00 **Game On** 1/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens**
12.05 AM **70s vs 80s Hits**
1.05 **The Prime of Miss...**
2.05 **Tracing the Rails**
3.05 **Discovering Gardens**
3.35 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** From Alaska.
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown: Hunt for Extraterrestrials**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A *Seabrooke* crewman is nearly crushed by ice. **8.00** The *Cornelia Marie* has a shortage of bait.
9.00 **Body Bizarre** Amar's face has been destroyed by a bony tumour.
10.00 **Body Bizarre**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Double bill.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Secret Eats with Adam Richman** Double bill.
10.00 **Secrets of the Curry Kitchen** Asma Khan prepares a duck bhuna. **10.30** Indian classics.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 3/27. (S4)
9.00 **The A-Team** 6/25. (S3)
10.00 **Charlie's Angels** (S4)
11.00 **FILM Mega Storm: Days of Destruction** Thriller. (2011, PG, 89min) ★★
1.00 PM **FILM Shalako** Western adventure. (1968, PG, 118min) ★★
3.10 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
5.00 **Star Trek** 16/30. (S1)
6.00 **Charlie's Angels** (S4)
7.00 **The A-Team** 7/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Pathfinder** Action adventure. (2006, 15, 99min) ★★★★
11.05 **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
12.55 AM **FILM U Turn** Thriller. (1997, 18, 119min) ★★★
3.15 **to 5.00** AM **FILM She Never Died** Thriller. (2019, 15, 89min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
11.00 **Andromeda** 14/22. (S5)
12.00 NOON **FILM The Lost Future** Sci-fi adventure. (2010, 15, 90min) ★★
2.00 PM **The Curse of King Tut's Tomb**
4.00 **Six Million Dollar Man**
5.00 **FILM Gunsmoke: One Man's Justice** Western starring James Arness. (1993, PG, 88min) ★★
7.00 **Andromeda** 15/22. (S5)
8.00 **Six Million Dollar Man**
9.00 **FILM Braven** Action thriller starring Jason Momoa and Jill Wagner. (2018, 15, 94min) ★★★
10.55 **FILM Born to Raise Hell** Action thriller starring Steven Seagal. (2010, 18, 92min) ★★
1.00 AM **FILM Braven** (2018)
3.00 **FILM Gunsmoke: One Man's Justice** (1993)
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Great Escapes**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Passage to India: A Yorkshire Vet Special**
11.30 **The Yorkshire Vet: A Decade in the Moors and Dales**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **Atlantis: Draining the Lost City** Documentary
6.00 **Digging Up Britain's Past** Elsyng Palace.
7.00 **World War I in Colour**
8.00 **Ben Fogle: New Lives in the Wild**
9.00 **Yorkshire Great and Small with Dan and Helen** From Great Ayton.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out** The Cotswolds.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **Rock the Block**
10.30 **My Lottery Dream Home** Seven editions.
2.00 PM **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** Jenny and Dave revamp a couple's kitchen and create an outdoor oasis. **8.00** Jenny and Dave transform a property's structural issues and rusted balconies.
9.00 **Celebrity IOU** Jonathan and Drew help Gwyneth Paltrow turn her assistant's dated condo into a stylish home. **10.00** The brothers help Zooey Deschanel surprise her best friend with a home renovation.
11.00 **Home Town** Double bill.
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Say Yes to the Dress: Lancashire**
10.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper**
9.00 **My 600lb Life** Joyce needs home health care and hasn't left the house in three years.
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S4)
11.00 **Everybody Loves Raymond** 5-8/24. (S4)
1.00 PM **Friends** (S9)
7.55 **Friends** 21/24. Chandler and Monica go to a fertility clinic for tests. **8.30** 22/24. Monica and Chandler interview a sperm donor. (S9)
9.00 **NEW SERIES Out of Order** Rosie Jones returns with the game show, with Joe Thomas and Harriet Kemsley joining captains Judi Love and Katherine Ryan.
10.00 **Dara O Briain: Craic Dealer** Stand-up show.
11.00 **Iain Stirling's Roast the Internet**
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S2)
3.25 **Jen Brister: Meaningless**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Takeshi's Castle**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
12.00 NOON **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S4)
7.00 **Everybody Loves Raymond** 5-8/24. (S4)
9.00 **Bradley & Barney Walsh: Breaking Dad** The duo begin their road trip in Los Angeles. **9.30** A visit to Arizona.
10.00 **Friends** (S8&9)
1.00 AM **The Ricky Gervais Show** 1&2/13. (S1)
2.00 **Teachers** (S3)
3.00 **Reno 911!** (S1)
3.45 **Important Things**
4.30 **Spin City** (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.45 **Duty Free** 4/7. (S3)
10.15 **Bread** 10/14. (S6)
10.50 **Steptoe and Son** (S4)
11.30 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S1)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 1/13. (S1)
3.10 **Minder** 1/11. (S1)
4.10 **Citizen Smith** (S1)
4.45 **Steptoe and Son** (S1)
5.25 **Some Mothers Do 'Ave 'Em** 1/7. (S1)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** (S1)
7.55 **Minder** 6/11. (S1)
9.00 **Benidorm** 1/7. (S7)
9.55 **Shameless** 4/10. (S10)
10.55 **Minder** 6/11. (S1)
12.00 M'T **Benidorm** 1/7. (S7)
1.00 AM **Shameless** (S10)
2.00 **Kenny Everett Show**
2.35 **Man About the House**
3.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 6/14. (S5)
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Celebs on the Farm**
8.00 **Old School for Lazy Kids** Reality series.
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: Angels** New edition The Angels go south and challenge Charlotte's best Artists.
11.00 **Black Ink Crew**
12.00 M'T **Ridiculousness** New editions Rob, Steelo and Lolo Wood face dangerous flippers. **12.30** AM Rob, Steelo and Lolo cheer people up with the 'winter blues'.
1.00 **Geordie Shore: Marnie's Story**
2.00 **Geordie Shore: Holly's Story** Reality series.
2.45 **Teen Mom: The Next Chapter Uncut**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

5 January Monday

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.30** An insight into how sunscreen is made to block out harmful UV light.
5.00 **Alaska: Homestead Rescue** The Raneys investigate the unexplained disappearances of a Virginia homestead's water and food sources.

8.00 Scrapyard Dynasty

7.00 **Wheeler Dealers World Tour** Mike and Elvis buy a Brazilian designed VW SP2, which is a dream come true for Mike.
8.00 **Scrapyard Dynasty** Terry hopes to make money on a Toyota Corolla to raise the funds for a special anniversary gift.
9.00 **Secrets Underground** Investigating mysterious rocks at the bottom of Lake Michigan known as Underwater Stonehenge.
10.00 **Salvage Dawgs** The crew save parts of a farmhouse in South Boston, Virginia. **10.30** The crew salvage an old iron ore mine.
11.00 **Deadliest Catch** A new generation braves the sea, and as high prices draw foreign boats, captains young and old band together.
1.00 AM **Secrets Underground**
2.00 **Salvage Dawgs**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** With Keyshia Cole.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat threatens a woman's life. **4.00** A cat that is disrupting two women's friendship.
5.00 **Lone Star Law** Herchman finds a woman sleeping in her car.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor treats a puppy suffering from a deadly virus.

7.00 Treehouse Masters

7.00 **Treehouse Masters** In Norway, Pete takes on his first international build, creating a treehouse with stunning lake views.
8.00 **Alaska Monsters** Todd devises a trap for a huge feline who has been reported in the town of Paxson.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane prepare Shane's cabin for his recovery.
10.00 **Alaskan Bush People: Book of Bear** An interview with Bear Brown, covering his fond memories of growing up in the wild.
11.00 **The Haunted** The alleged spirit of a man terrorising dogs.
12.00 M'T **Crikey! It's the Irwins** The work of Steve Irwin's family at Australia Zoo.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Incas: The Rise and Fall**
1.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Drain the Oceans: Rise of the Roman Empire**
5.00 **Ice Road Rescue** Thord and Terje risk their lives to save one truck's valuable cargo.
6.00 **Nazi Megastructures**

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** The case of Luxair Flight 50, which fell out of the sky just a few miles short of Luxembourg Airport.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend try to get a Sunbeam Alpine owned by a former mechanic back on the road.
9.00 **Car S.O.S** Tim and Fuzz take on a 1934 Singer Le Mans two-seater sports car, which had its last outing in 1998.
10.00 **Construction Fails** A tour of some of the world's most expensive and useless airports.
11.00 **Air Crash Investigation** A Santa Barbara Airlines crash.
12.00 M'T **Car S.O.S** Tim and Fuzz take on a Jensen Interceptor.
1.00 AM **To Catch a Smuggler**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers**
3.00 **Secrets in the Ice**
5.00 **Pawn Stars** A seller brings in a diamond crafted from the DNA of a musical genius.
6.00 **American Pickers** Mike makes a return pilgrimage to Rick's Michigan honey hole, keen to seal the deal on a one-of-a-kind bubble car.

9.00 Gold Wars Downunder

7.00 **Forged in Fire** Seven losing competitors return to the forge for a shot at redemption and a second chance at glory.
8.00 **NEW SERIES American Pickers** Mike Wolfe and Jersey Jon turbo-pick a mint-condition stockpile in Tennessee.
9.00 **NEW SERIES Gold Wars Downunder** Three hardcore mining teams battle it out to unearth the most gold.
10.00 **Heist: Robbing The Bank of England** 1/2. The story of the 1990 large-scale theft of bearer bonds.
11.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club. **12.00** M'T A Hells Angel proves his loyalty to the gang by leading a mass slaughter.
12.55 AM **American Pickers**
1.50 **Gold Wars Downunder**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** As 5.00pm.
4.25 **to 6.00** AM **Secrets in the Ice**

+1 hour 255 329

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **The Great War in Numbers**
11.00 **Adolf Hitler's War**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **The Great War in Numbers**
5.00 **Adolf Hitler's War** The Soviets cross the German border.
6.00 **Antiques Roadshow** A visit to Morden Hall Park in south London, where items include a rare Cartier watch.

9.00 Russia with Simon Reeve

7.00 **Great Canal Journeys** Timothy West and Prunella Scales travel along the fully restored Kennet and Avon canal.
8.00 **Mediterranean with Simon Reeve** Simon travels through Libya, Tunisia and Sicily.
9.00 **Russia with Simon Reeve** The adventurer travels across the world's biggest country, beginning in the far east.
10.00 **Bangers & Cash** A 1970 Excalibur Roadstar, once owned by music legend Roy Orbison, arrives in Thornton-le-Dale.
11.00 **Bangers & Cash: Restoring Classics** The team restore a rare MG Montego Turbo. **12.00** M'T The team take on the restoration of a 1992 Vauxhall Nova Merit Plus.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **The Great War in Numbers**

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** A 1960s Chrysler Imperial Crown.
9.00 **Shed and Buried** New editions Double bill. Henry Cole and friends Fuzz Townshend and Guy Willison unearth vintage vehicles lying abandoned in Britain's sheds.
10.00 **Shed and Buried**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** The murders of police officers Nicola Hughes and Fiona Bone.
8.00 **Murder on CCTV**
9.00 **The Victorian Murder Files** Police discover a young man's body.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** A sheriff's murder.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** The investigation into the 2015 murders of Sian Blake and her two sons.
8.00 **Murder: Point of Contact** Focusing on the emotional toll faced by Family Liaison Officers.
9.00 **NEW SERIES Cold Justice** Kelly Siegler and Steve Spingola try unravel the murder of a US Navy veteran.
10.00 **The Hunt for the Chameleon Killer** A 1990 murder in Florida leads to a transatlantic hunt.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice**
3.00 **The Hunt for the Chameleon Killer**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** Double bill.
4.00 **48 Hours** The story of an Olympic competitor's fall from grace.
5.00 **Medical Detectives** Police dogs trace a killer's scent and reveal a twisted perpetrator. **5.30** An investigation into a deadly blaze that killed a woman. **6.00** A case in which a victim was unsuspectingly poisoned with arsenic. **6.30** Investigators use a meticulous reconstructive process to bring a killer to justice.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Brit Cops**
8.00 **Stop, Search, Seize**
9.00 **Send in the Dogs**
10.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Crime series.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching...**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Murder of Grace Millane** Documentary.
10.50 **Britain's Most Evil Killers**
11.55 **Forensics: Catching...**
1.00 AM **World's Most Evil Killers** William Bonin.
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Normans**
9.30 **USS Indianapolis: The Final Chapter**
10.50 **A Cold War of Spies**
11.50 **Remaking the Middle East** As 9.30pm.
1.00 PM **The Normans**
2.15 **USS Indianapolis: The Final Chapter**
3.35 **A Cold War of Spies**
4.45 **Remaking the Middle East** As 9.30pm.
5.55 **The Normans**
7.10 **USS Indianapolis: The Final Chapter**
8.30 **A Cold War of Spies** Examining the history of the Cold War.
9.30 **NEW SERIES Remaking the Middle East** Documentary detailing generations-long conflicts in the region.
10.45 **USS Indianapolis: The Final Chapter**
12.00 M'T **A Cold War of Spies** As 8.30pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Ben Kingsley**
8.00 **The Directors**
9.00 **Ghislaine Maxwell: Epstein's Shadow** 1/3. Documentary.
10.00 **Breath of Fire**
11.00 **Lockerbie**
12.00 NOON **Fashion Reimagined**
2.00 PM **FILM Busby** A profile of football manager Matt Busby. (2019, PG, 102min) ★★★
4.00 **Discovering: Ben Kingsley**
5.00 **The Directors**
6.00 **Ghislaine Maxwell: Epstein's Shadow** 1/3. Documentary.
7.00 **I Am Luke Perry** Celebrating the life and career of the actor.
8.45 **My Icon: Darren Campbell**
9.00 **Murder at the Post Office** New edition 2/3. The prosecution alleges Robin was stealing from the Post Office.
10.00 **Murder on Middle Beach**
12.10 AM **Meth Storm**
2.00 **Barbie Uncovered: A Dreamhouse Divided**
3.50 **Good Job: Stories of the FDNY**
5.00 **to 6.00** AM **Discovering: Ben Kingsley**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Deep Dive Australia**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Evolution Earth**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **In for the Kill** Footage of predators claiming their prey.
9.00 **Extraordinary Animals** Double bill of editions.
10.00 **Great Blue Wild** The diverse marine life found in the Indonesian archipelago.
11.00 **Uptown Otters**
12.00 M'T **Deep Dive Australia**
1.00 AM **Beasts of the Big Blue**
2.00 **In for the Kill**
3.00 **Extraordinary Animals**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Secrets of the Lost Liners**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Nazi Murder Mysteries**
10.00 **Hitler's Coup 1923**
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Secrets of the Lost Liners**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Nazi Murder Mysteries**
8.00 **Hitler's Coup 1923** The infamous Beer Hall Putsch.
9.00 **History's Most Shocking** Footage of real-life events, including an exploding whale and an airshow disaster.
10.00 **Death Coast** A shipwreck search in the North Atlantic.
11.00 **Ancient Aliens Special Presentation** Strange creatures such as Bigfoot and Mothman.
1.00 AM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **History of Weapons**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Mark Martin
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **Don't Open the Door** New edition Chilling tales of lives changed by a knock on the door.
10.00 **Laura Whitmore on Britain's Killer Teens** A 15-year-old who fatally stabbed a young mother.
11.00 **The Idaho Student Murders**
1.00 AM **Britain's Darkest Taboos**
2.00 **Don't Open the Door**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska's Grizzly Gauntlet**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Heartland Docs**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **NEW SERIES Dead By Dawn** New battles rage between predators and prey.
8.00 **South America's Weirdest Animals** The most unusual animals of South America.
9.00 **Predator in Paradise** Predators battle over food and territory.
10.00 **Life Below Zero: First Alaskans** A harsh winter threatens to unfurl.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **Life After: Chernobyl**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The search for the mysterious dark matter.
1.00 PM **NASA's Unexplained Files**
2.00 **In Search of Monsters**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Life After: Chernobyl** A look at how wildlife has been affected after 30 years in the contamination area.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry reflects on his American adventures.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Two Ronnies**
1.05 PM **The Two Ronnies**
6.50 **The Two Ronnies** Vintage comedy sketches, including *Wedding Service* and *Done to Death*. With guests Diane Keen and Sue Lloyd, and music by Georgie Fame and Alan Price.
7.40 Vintage comedy sketches, including *Done to Death*. Featuring music by Georgie Fame and Alan Price.
8.30 Messrs Barker and Corbett continue their gripping serial *Done to Death*, together with a classic monologue and a song from Chelsea Brown.
9.20 Classic comedy sketches from Messrs Barker and Corbett, featuring another instalment of *Hampton Wick*.
10.05 Vintage comedy, including *Death Can Be Fatal*, and the Meadowfield Players put on *Weekend in Mayfair*.
10.55 **The Two Ronnies** Further back-to-back editions.
5.10 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** The murders of Britney Cosby and Crystal Jackson.
9.00 **Home Sweet Homicide**
11.00 **The Killer in My Family**
12.00 NOON **Murder in the Heartland** A case in which a student was found strangled and stabbed in her own home.
1.00 PM **The Perfect Murder**
3.00 **The Killer in My Family**
4.00 **Murder in the Heartland**
5.00 **Til Death Do Us Part**
7.00 **Love Kills** The case of convicted bank robber Michael Johns and his girlfriend Lori Davis.
8.00 The case of Joshua Osborne, who shot his 47-year-old mother in a dispute over the family's farm.
9.00 **The Curious Case of....**
10.00 **Fatal Destination**
11.00 **Lethally Blonde**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Til Death Do Us Part**
4.00 **to 6.00** AM **Love Kills**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Catastrophe strikes in the heart of Minnesota.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Downey's Dream Cars**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Karate Kid: Legends** Martial arts drama sequel. (2025, 12, 94min) ★★★
8.00 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
9.50 **Sinners** As shown at 5.40pm.
12.10 PM **Safe House** As 11.35pm.
1.50 **28 Years Later** As 8.00pm.
3.50 **Friendship** Comedy. (2025, 15, 100min) ★★★★
5.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★

8.00 28 Years Later

8.00 28 Years Later Danny Boyle's horror sequel with Ralph Fiennes and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 All the Devils Are Here Thriller starring Eddie Marsan. Secluded in the middle of Dartmoor, four thieves hide out with nothing to do but count the money and kill time. (2025, 15, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Safe House** Thriller starring Lucien Laviscount and Holt McCallany. (2025, 15, 90min)
1.15 AM **Friendship** As 3.50pm.
3.00 **The Wedding Banquet** Romantic comedy drama. (2025, 15, 103min) ★★★
4.45 **to 6.20** AM **All the Devils Are Here** As 10.00pm.

Sky Cinema Science Fiction

303 303 403 503 517

6.00 AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★
7.30 **Paycheck** As 2.10pm.
9.30 **Pacific Rim** As 10.25pm.
11.45 **A.I. Artificial Intelligence** Steven Spielberg's fantasy. (2001, 12, 145min) ★★★★
2.10 PM **Paycheck** Sci-fi thriller. (2003, 12, 119min) ★★★★
4.10 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
6.25 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★

6.25 Gravity

8.00 The Matrix Sci-fi action thriller starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers. (1999, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Pacific Rim Sci-fi action adventure starring Charlie Hunnam. Humanity creates giant fighting robots to repel alien monsters emerging through a breach in the Pacific Ocean. (2013, 12, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **After Earth** Adventure. (2013, 12, 98min) ★★
2.30 **InnerSpace** Comedy thriller. (1987, PG, 119min) ★★★
4.40 **to 7.10** AM **The Lawnmower Man** Sci-fi horror thriller. (1992, 15, 105min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.15 AM **I Used to Be Funny** (2023)
9.05 **The Shamrock Spitfire** (2024)
10.55 **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
1.35 PM **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
3.35 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★★
5.45 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★
8.00 American Sniper Biopic based on the experiences of real-life Iraq conflict veteran Chris Kyle, directed by Clint Eastwood and starring Bradley Cooper, Sienna Miller and Kyle Gallner. (2014, 15, 127min) ★★★★
10.20 **Cool Hand Luke** Prison drama starring Paul Newman as a chain gang convict who becomes a hero to his fellow prisoners. With George Kennedy, Strother Martin and Jo Van Fleet. (1967, 15, 126min) ★★★★★
12.30 AM **The Shamrock Spitfire** Biopic starring Shane O'Regan. (2024, 12, 108min) ★★★
2.30 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
4.20 **to 6.15** AM **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★

Sky Cinema Horror

311 311 411 511 525

7.40 AM **Gator Creek** As 2.30pm.
9.15 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
11.10 **Out of Darkness** As 12.10am.
12.45 PM **Companion** As 1.45am.
2.30 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
4.00 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
6.15 **Opus** Thriller with Ayo Edebiri. (2025, 15, 104min) ★★★★
8.00 Wolf Man Werewolf horror starring Christopher Abbott. After his family barricade themselves inside their remote farmhouse, a father transforms into something unrecognisable. (2024, 15, 103min) ★★★
10.00 **Bram Stoker's Dracula** Francis Ford Coppola's adaptation of the classic novel, starring Gary Oldman and Winona Ryder. (1992, 18, 123min) ★★★
12.10 AM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
1.45 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
3.30 **From Dusk Till Dawn 2: Texas Blood Money** Horror sequel. (1999, 18, 88min) ★★
5.05 **to 6.45** AM **The Damned** Mystery starring Odessa Young. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.35 AM **Zathura: A Space Adventure** Sci-fi adventure. (2005, PG, 113min) ★★★★
9.25 **The Karate Kid** As 7.55pm.
11.40 **Oliver!** Oscar-winning musical. (1968, U, 146min) ★★★★★
2.15 PM **The Golden Compass** Fantasy. (2007, PG) ★★★
4.20 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

7.55 **The Karate Kid** Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. With Noriyuki 'Pat' Morita and Elisabeth Shue. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Paul Blart: Mall Cop** Comedy starring Kevin James. An overweight security guard becomes an unlikely hero when a gang target his mall's bank and takes the staff hostage. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The NeverEnding Story** Fantasy. (1984, U) ★★★
1.30 AM **The Wiz** Motown musical. (1978, U, 133min) ★★
3.50 **It Takes Two** Family comedy. (1995, U, 97min) ★
5.35 **to 7.20** AM **My Penguin Friend** Family drama. (2024, PG, 98min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.00 AM **xXx: Return of Xander Cage** Thriller. (2016, 12) ★★★
9.00 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
11.10 **Twister** Disaster movie. (1996, PG, 114min) ★★★
1.05 PM **The Fall Guy** Action comedy. (2023, 12) ★★★★
3.15 **Black Hawk Down** War drama. (2001, 15, 144min) ★★★
5.45 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★

8.00 **Demolition Man** Sci-fi action thriller starring Sylvester Stallone, Wesley Snipes and Sandra Bullock. A disgraced cop is released from cryogenic imprisonment into a pacifist future to catch an escaped criminal. (1993, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

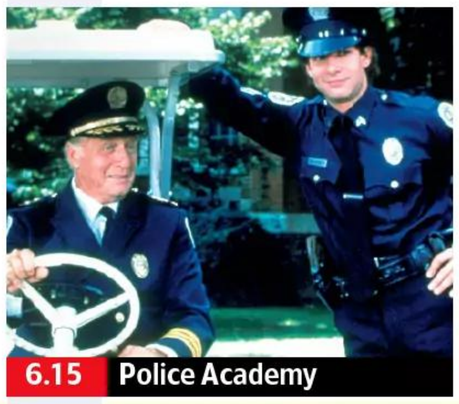
10.00 **The Amazing Spider-Man** Fantasy starring Andrew Garfield. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
2.15 **The Good, the Bad and the Ugly** Spaghetti Western. (1966, 15, 155min) ★★★★★
5.20 **to 7.20** AM **Demolition Man**

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
8.10 **Wayne's World 2** (1993) ★★★
9.50 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
11.40 **Caddyshack** (1980, 15) ★★★
1.25 PM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.00 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
4.30 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
6.15 **Police Academy** (1984) ★★★



8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg. Six inept recruits are drafted to fight a crime wave. (1985, 12, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg, Bubba Smith and David Graf. The academy is threatened with closure. (1986, PG, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Golden Child** Fantasy adventure with Eddie Murphy. (1986, PG, 93min) ★★
12.45 AM **The Blues Brothers** Cult comedy starring John Belushi and Dan Aykroyd. (1980, 15, 135min) ★★★★★
3.10 **It's Complicated** Romantic comedy starring Meryl Streep. (2009, 15, 115min) ★★★★
5.15 **to 7.15** AM **Click** Fantasy comedy with Adam Sandler. (2006, 12, 103min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Head Count** Thriller. (2023, 15, 77min) ★★★
7.25 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
9.10 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
11.35 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
1.45 PM **Sherlock Holmes: A Game of Shadows** (2011, 12) ★★★
3.55 **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
6.00 **Jaws 2** (1978, PG) ★★★

8.00 **Collateral** Crime thriller starring Tom Cruise and Jamie Foxx. A ruthless contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in a single night for a drugs cartel. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **American Gangster** Epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131min) ★★★
2.55 **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Jubal** Vintage Western. (1956, PG, 101min) ★★★
1.05 PM **The Black Swan** Adventure. (1942, PG) ★★★
2.50 **The Lady Eve** Comedy. (1941, b/w, U, 93min) ★★★
4.45 **Roman Holiday** Vintage romantic comedy. (1953, b/w, U, 118min) ★★★★★
7.05 **Taxi** Action comedy starring Queen Latifah and Jimmy Fallon. (2004, 12, 97min) ★★

Taxi (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE** **The Dive** Thriller starring Louisa Krause and Sophie Lowe. A woman is hit by a rock while diving and trapped underwater, leaving her sister to try and save her. (2023, 15, 91min) ★★★
See review, page 26.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Underwater** Sci-fi thriller starring Kristen Stewart and Vincent Cassell. (2019, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Crawl** Horror thriller starring Kaya Scodelario. (2019, 15, 87min) ★★★
2.25 **to 4.00** AM **Real** Romantic drama with Aki Omoshaybi. (2019, 15, 78min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Blockbusters

302 302 402 502 516

6.00 AM **The Boss Baby** As 4.40am.
7.45 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
9.30 **300** As shown at 12.30am.
11.40 **Babe** As shown at 2.30am.
1.25 PM **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★
3.45 **Twisters** Disaster drama sequel starring Daisy Edgar-Jones. (2024, 12, 122min) ★★★★

5.55 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
8.00 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure starring Harrison Ford, Cate Blanchett and Shia LaBeouf. (2008, 12, 122min) ★★★
10.05 **Transformers** Sci-fi adventure inspired by the shape-changing toys, starring Shia LaBeouf, Josh Duhamel and Tyrese Gibson. (2007, 12, 144min) ★★★★

12.30 AM **300** Epic adventure. (2006, 15, 116min) ★★★★
2.30 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
4.05 **Sky Cinema Preview**
4.40 **to 6.20** AM **The Boss Baby** Animated family comedy. (2017, U, 97min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.10 AM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
9.10 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
11.15 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
1.25 PM **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
3.50 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★

6.00 **Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford and Karen Allen. (1981, PG, 115min) ★★★★★
8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's adventure, a prequel to *Raiders of the Lost Ark*, starring Harrison Ford. (1984, PG, 118min) ★★★
10.00 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★

12.10 AM **Last Action Hero** Fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★
2.25 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.15 **Sky Cinema Preview**
4.55 **to 6.30** AM **The Warriors** Thriller. (1979, 15, 94min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.00 AM **Rebellious** Animation. (2024, PG, 94min) ★★★
8.50 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
10.50 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
12.30 PM **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
2.20 **Smurfs: The Lost Village** Animation. (2017, U) ★★★

4.00 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
5.45 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
7.40 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
9.45 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
11.15 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
12.35 AM **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★

2.25 **Rango** Animated Western. (2011, PG, 103min) ★★★★
4.20 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
5.50 **to 7.20** AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★

Movies 24

312 313 419

7.00 AM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★
9.00 **Something's Brewing** Drama. (2023, PG, 89min) ★★
11.00 **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
1.00 PM **Love Marks the Spot** Adventure. (2023, PG) ★★
3.00 **Journey to You** Romantic drama. (2025, PG, 84min) ★★

5.00 **Mystery Island: Winner Takes All** Crime drama with Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
7.00 **Something New: A Teagarden Mystery** Drama prequel starring Skyler Samuels and Marilu Henner. (2023, U, 87min) ★★
9.00 **An Ice Palace Romance** Romantic drama with Celeste Desjardins. A journalist faces old fears when she returns to her hometown ice rink to cover a story. (2023, PG, 90min) ★★

11.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
1.00 AM **Just in Time** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Writing a Love Song** Drama. (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 27/38. (S1)
6.30 **A Woman's Temptation** Drama. (1959, b/w, U, 60min) ★★★
7.45 **The Crowded Day** Comedy drama starring John Gregson. (1954, b/w, PG, 82min) ★★★
9.25 **What's On TPTV with Noel**
9.35 **Man in Black** Hammer chiller. (1949, b/w, PG, 80min) ★★
11.10 **The Drum** Vintage adventure. (1938, U, 96min) ★★★

1.00 PM **A Matter of Murder** Drama. (1949, b/w, PG, 59min) ★★★
2.10 **The Big Job** Crime comedy. (1965, b/w, U, 88min) ★★
3.55 **The Break** Crime thriller. (1962, PG, 75min) ★★
5.30 **Bonanza** 13/34. (S2)
6.30 **The Vise** 31/39. (S1)
7.00 **The Footage Detectives**
8.00 **The Racing Game** 5/6. (S1)
9.05 **Gideon's Way** 14/26. (S1)
10.05 **The Anderson Tapes** Heist thriller starring Sean Connery. (1971, 15, 98min) ★★★

12.05 AM **A Good Read: Sherlock Holmes** *A Scandal in Bohemia*.
1.05 **Across the Bridge** Thriller. (1957, b/w, PG, 103min) ★★★
3.10 **The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Honey West**

MONDAY Sport

5 January

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
9.00 **LIVE United Cup Tennis** Coverage of the mixed-gender team tournament in Australia.
3.30 PM **LIVE SA20 Pretoria Capitals v Sunrisers Eastern Cape.** Coverage of the match at SuperSport Park in Centurion. The Capitals missed out on the play-offs last year, while the Sunrisers were runners-up to MI Cape Town.
7.00 **The Transfer Show**
7.30 **LIVE EFL Leicester City v West Bromwich Albion.** The Championship match at King Power Stadium. The reverse fixture at the Hawthorns last September ended 1-1. Kick-off **8.00pm**.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
6.30 **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Stories**
12.30 PM **Premier League Highlights** Action from Wolverhampton Wanderers v West Ham United.
1.00 The key moments from Brighton & Hove Albion v Burnley.
1.30 Aston Villa v Nottingham Forest staged at Villa Park.
2.00 Bournemouth v Arsenal.
2.30 Everton v Brentford.
3.00 Fulham v Liverpool.
3.30 Newcastle United v Crystal Palace staged at St James' Park.
4.00 The key moments from Tottenham Hotspur v Sunderland.
4.30 Manchester City v Chelsea.
5.00 **The Premier League Show**
7.00 **Premier League Review**
8.00 **Ref Watch** Analysing decisions.
8.30 **Netbusters** Recent action.
9.00 **Premier League Review**
10.00 **Ref Watch** Analysing decisions.
10.30 **Netbusters** Recent action.
11.00 **Premier League Years**
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
9.00 **SPFL Highlights**
10.00 **EFL Highlights**
12.00 NOON **EFL** A match replay.
2.00 PM **SPFL Highlights**
2.45 **EFL Highlights**
4.30 **SPFL Highlights**
5.15 **EFL Highlights**
6.15 **SPFL Round-Up**
6.30 **EFL League One & Two Goals**
7.30 **LIVE EFL Leicester City v West Bromwich Albion.** The Championship match from King Power Stadium. The Baggies saw victory slip from their grasp when they conceded a 93rd minute own goal in the reverse fixture at the Hawthorns last September, as the Foxes escaped with a 1-1 draw, and both teams will be looking to improve in the second half of the season. Kick-off **8.00pm**.
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **Scottish Premiership Goals**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Sydney Sixers v Brisbane Heat.** The T20 match at Coffs Harbour International Stadium.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Match highlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Pretoria Capitals v Sunrisers Eastern Cape.** Coverage of the match staged at SuperSport Park in Centurion. The Capitals missed out on the play-offs last year, while the Sunrisers were runners-up to MI Cape Town.
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
10.00 **Big Bash League** Highlights of Brisbane Heat v Melbourne Stars.
11.00 **Big Bash League** A replay of Sydney Sixers v Brisbane Heat.
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **The Open – Official Films** Highlights from 1970, 1976, 1977, 1978, 1979 and 1982.
12.00 NOON **The Open – Official Films** Tournaments from 1984, 1985, 1987, 1988 and 1989.
5.00 PM **TGL** Boston Common Golf Club v Los Angeles Golf Club.
7.00 **The Open – Official Films** Action from the 1990 event.
8.00 The 1992 Championship.
9.00 The 1995 Championship.
10.00 The 1997 Open.
11.00 The 1999 Open.
12.00 M'T **to 6.00** AM **The Open Films**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
9.00 **LIVE United Cup Tennis** Coverage of the mixed-gender team tournament in Australia.
3.30 PM **WTA & ATP Tennis** The Indian Wells Open men's final.
3.45 **WTA Tennis** Highlights of the Dubai Championships final.
4.00 **WTA & ATP Tennis** Madrid Open.
4.30 **WTA & ATP Tennis** Highlights from tournaments being played in the WTA and ATP Tours.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE The Ashes Australia v England.** Day two of the series-concluding fifth Test.
7.30 **TNT Sports Cricket Reload**
8.00 **LIVE A-League Macarthur FC v Auckland FC.** Coverage of the match at Campbelltown Sports Stadium. Kick-off is at **8.00am**.
10.00 **The Ashes** Australia v England.
11.00 **The Football Archives**
12.00 NOON **UEFA Champions League – Stories of the Finals**
12.15 PM **TNT Sports Reload**
12.45 **Ski Jumping World Cup**
1.15 **LIVE Ski Jumping** Day one of the women's HS98 from Villach.
3.00 **No Filter Rugby**
3.15 **LIVE Ski Jumping** Coverage of qualifying for the men's HS142 from Bischofshofen, Austria.
4.45 **UEFA Champions League**
5.00 **Premier League Review**
6.00 **LIVE Ultimate Pool** Group One of the Champions League.
9.30 **TNT Sports Cricket Reload**
10.00 **The Ashes** Australia v England.
11.00 PM **to 6.00** AM **LIVE The Ashes Australia v England.** Day three of the series-concluding fifth Test at Sydney Cricket Ground.

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Review**
7.00 **Serie A** Lazio v Napoli highlights.
8.00 Inter Milan v Bologna.
9.00 **Premier League** Replay of Leeds United v Manchester United.
10.30 **Premier League: Big Interview**
11.00 **Premier League Stories**
11.30 **Premier League Legends**
12.00 NOON **Premier League Review**
1.00 PM **The Ashes** Australia v England on day two of the series-concluding fifth Test.
2.00 **Serie A** Lazio v Napoli highlights.
3.00 Inter Milan v Bologna.
4.00 **A-League** Highlights from Macarthur FC v Auckland FC.
5.00 **UIM F1H2O World Championship Highlights** From the United Arab Emirates.
5.30 **The Ashes** Australia v England.
6.30 **Premier League** Replay of Leeds United v Manchester United.
8.01 **A-League** Highlights from Macarthur FC v Auckland FC.
9.00 **Fishing: On the Bank**
10.00 **A-League Women Highlights**
10.30 **Premier League Stories**
11.00 **Premier League Netbusters**
11.30 **A-League Highlights**
12.00 M'T **A-League Women**
12.30 AM **Kenny Allstar's Number 1's**
1.00 **to 6.00** AM **A-League**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights** Action from matches including Tampa Bay Buccaneers v Atlanta Falcons and Atlanta Falcons v LA Rams.
10.00 **NFL Bitesize Highlights** Action from recent matches.
11.00 **NFL Highlights** Action from a match played during week 18.
12.00 NOON **NFL Bitesize Highlights** Action from recent matches.
1.00 PM **Good Morning Football** NFL news and talking points.
3.00 **NFL Bitesize Highlights** Four matches from week 18.
4.00 **NFL Highlights** Action from a match played during week 18.
5.00 A week 18 match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Bitesize Highlights** Four matches from week 18.
9.00 **NFL Highlights** Action from a match played during week 18.
10.00 Highlights from Atlanta Falcons v Los Angeles Rams.
11.00 A week 18 match.
12.00 M'T **The Insiders**
1.00 AM **NFL Bitesize Highlights**
2.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **EFL Greatest Games**
5.15 **LIVE Baller League** Coverage from the UK-based version of the six-a-side football league staged at Copper Box Arena in London.
11.00 **Sky Sports News**
12.00 M'T **LIVE NBA Basketball Detroit Pistons v New York Knicks.** Coverage of the Eastern Conference match from Little Caesars Arena. Tip-off **12.00m't**.
3.00 AM **LIVE NBA Basketball Los Angeles Clippers v Golden State Warriors.** Coverage of the Western Conference match held at Intuit Dome. Tip-off **3.00am**.
5.30 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the Tours, including the United Cup, WTA & ATP Brisbane Open, and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League**
9.00 **World Darts Championship**
10.00 **SA20** MI Cape Town v Paarl Royals.
11.00 **World Darts Championship**
2.00 PM **PL Greatest Games**
3.00 **World Darts Championship** The final at Alexandra Palace.
4.00 **Big Bash League** Melbourne Stars v Melbourne Renegades.
5.00 Highlights from Perth Scorchers v Adelaide Strikers.
6.00 **NFL Highlights** A week 18 game.
7.00 **World Darts Championship** The final at Alexandra Palace.
8.00 **SA20** MI Cape Town v Paarl Royals.
9.00 **NFL Highlights** Action from three games played in week 18.
12.00 M'T **PL Greatest Games**
1.00 AM **LIVE NBA Basketball Philadelphia 76ers v Denver Nuggets.** Coverage of the inter-conference match at Xfinity Mobile Arena. Tip-off **1.30am**.
3.30 **EFL Greatest Games**
4.00 **SA20** Match highlights.
5.00 **to 6.00** AM **The Open Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **The Gallagher PREM**
12.00 NOON **A-League** Recent games in the Australian football league.
4.00 PM **The Gallagher PREM** Bristol Bears v Sale Sharks.
5.00 Key moments from Newcastle Red Bulls v Gloucester.
6.00 Bath v Exeter Chiefs.
7.00 Highlights from Northampton Saints v Harlequins.
8.00 Leicester Tigers v Saracens.
9.00 **The PREM – The Wrap Up**
9.15 **Dakar Rally Saudi Arabia**
10.15 **Ski Jumping** In Villach, Austria.
10.45 **MLB Plays of the Year**
11.45 **UEFA Champions League: Stories of the Finals**
12.15 AM **The PREM – The Wrap Up**
12.30 **MotoGP Classics** Archive action.
3.30 **Ski Jumping** In Villach, Austria.
4.00 **FEI Jumping World Cup**
5.00 **Premier League Netbusters**
5.30 **to 6.00** AM **UIM F1H2O World Championship Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Alpine Skiing** From Slovenia.
8.00 **Cyclocross** In Zonhoven.
9.00 **MotoGP Classics** Archive action.
12.00 NOON **Snooker** The seventh day of the Shanghai Masters.
2.00 PM **Snooker** Action from the ninth day of the Saudi Masters.
4.00 **MotoGP Classics** Action from the 2007 Catalunya Grand Prix.
5.00 The 2007 Qatar Grand Prix.
6.00 The 2007 Dutch Grand Prix.
7.00 **Cyclocross** Action from the women's Superprestige meeting staged in Gullegem, Belgium.
7.30 The men's Superprestige meeting in Gullegem, Belgium.
8.00 The women's World Cup staged in Zonhoven, Belgium.
8.30 Action from the men's World Cup in Zonhoven, Belgium.
9.00 **UFC** Action from the United Fighting Championship.
10.00 **UFC: The Ultimate Fighter** Fighters try to win a UFC contract.
2.00 **to 6.00** AM **Snooker**

Premier Sports 1

419 551

6.00 AM **United Rugby Championship**
8.00 **LaLiga** Alavés v Oviedo.
10.00 **United Rugby Championship** A replay of Benetton v Edinburgh.
12.00 NOON A replay of Glasgow Warriors v Zebre Parma.
2.00 PM **NHL on the Fly**
2.30 **United Rugby Championship** A replay of Ulster v Munster.
4.30 **LaLiga** Another chance to see Real Sociedad v Atlético Madrid.
6.25 **Sporting Greats**
6.55 **URC in 60** The ninth round.
7.55 **LIVE LaLiga** Coverage of a Spanish top-flight match.
10.00 **Sporting Greats**
10.30 **LaLiga** Real Madrid v Real Betis.
12.30 AM **LIVE NHL Ice Hockey Ottawa Senators v Detroit Red Wings.** The Eastern Conference match at Canadian Tire Centre. Face-off **12.30am**.
3.30 **NHL: This is Hockey**
4.30 **URC in 60** The ninth round.
5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

6.00 AM **LaLiga** Another chance to see Rayo Vallecano v Getafe.
8.00 **NHL Ice Hockey**
10.00 **Football's Greatest**
10.30 **Bike World** Magazine.
11.00 **LaLiga** Celta Vigo v Valencia.
1.00 PM **Football's Greatest**
2.00 **NHL Ice Hockey**
4.00 **Top 14 Rugby Union** A chance to see Perpignan v Toulouse.
6.00 **Bike World** Magazine.
6.30 **Football's Greatest**
7.00 **United Rugby Championship** A replay of Benetton v Edinburgh.
9.00 **Temples of Sport**
10.00 **NHL Ice Hockey** Replay of Dallas Stars v Montreal Canadiens.
12.00 M'T **LIVE NHL Ice Hockey New York Rangers v Utah Mammoth.** The inter-conference match staged at Madison Square Garden. Face-off **12.00m't**.
3.00 AM **NHL Specials**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Season highlights.
8.00 **F1 Classic Races** A replay of the 2012 Abu Dhabi Grand Prix.
9.30 **Formula 1** Another chance to see the 2019 Austrian Grand Prix.
11.45 **Formula 1** A replay of the 2022 British Grand Prix at Silverstone.
2.05 PM **Cadillac Feature**
2.15 **Formula 1** Another chance to see the 2020 Turkish Grand Prix.
4.45 **BTS with Aston Martin**
5.00 **F1 Classic Races** A replay of the 2012 Brazilian Grand Prix.
7.20 **Cadillac Feature**
7.30 **F1 Classic Races** A look back at the 2011 Canadian Grand Prix.
10.30 **F1 Classic Races** A look back at the 2012 Abu Dhabi Grand Prix.
12.00 M'T **to 6.00** AM **Formula 1**

Tuesday

6 January

Evening Planner

Cookery

Rick Stein's Australia
BBC2, 7pm
The chef sets off on a 5,000-km road trip across Australia to discover what makes the cuisine so exciting and unique.

Factual

Inside the Factory
BBC1, 8pm
Paddy McGuinness learns the secrets behind Jammie Dodgers, while Cherry Healey conducts a tea-dunking test.

Drama

Waterloo Road
BBC1, 9pm & 10.40pm (box set, iPlayer)
As the school drama returns, new deputy head Darius (Jon Richardson) is tested by the arrival of some excluded students.

Documentary

Catching a Killer
C4, 9pm
True-crime documentary looking at the murder of Cumali Turhan, whose body was discovered in an Essex landfill site.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Waterloo Road		10.00 News; Local News	
	102 BBC2	7.00 Rick Stein's Australia		8.00 A House Through Time: Two Cities at...		9.00 QI XL	9.45 Live at the Apollo	10.30 Newsnight	
	103 ITV1	◂ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 The Martin Lewis Money Show: Live		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 What Not to Eat		9.00 Catching a Killer		10.15 Social Media Monsters	
	105 5	7.00 The Coastal Map of Britain		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Film: Air Force One	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: Sherlock Holmes				10.20 Katherine Ryan: First...	
ENTERTAINMENT	115 BBC3		7.05 SpongeBob...	7.30 Top Gear Botswana Special	8.30 Top Gear: Polar Challenge		9.30 Movies with Ali...	10.00 Film: Mission: Impossible II	
	116 BBC4	7.00 Thailand: Earth's Tropical Paradise		8.00 Yes, Prime Minister		9.00 Double Cross: The True Story of the...		10.00 Culloden	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 TikTok: Murder Gone Viral		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Apollo 1: Destination Moon			10.35 24 Hours...
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	◂ 6.40 Open...	7.20 Dad's Army	8.00 The Good Life				10.00 Not Going Out	10.35 The Good...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Ice Road Truckers		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Film: Working Girl			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 David Blaine: Real or Magic?		10.00 David Blaine: Beyond Magic	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Dark Winds		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Leonardo da Vinci: The Universal Man			9.15 Have You Got It Yet? The Story of Syd Barrett and Pink Floyd		
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 One Born Every Minute				10.00 Pete Wicks: For Dogs' Sake	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour				9.00 Gold Rush		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Noah	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler Youth				10.00 Hitler the Junkie	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 WW2 Air Crash Detectives		9.00 World War II: Witness to War			
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Flipping Bangers		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 I Am Patrick Swayze				9.00 Murder on Middle Beach			
FILMS - Sky Cinema	301 PREMIERE	◂ 5.10 Mission: Impossible – The Final...		8.00 28 Years Later				10.00 Sinners	
	302 BLOCKBUSTERS	◂ 5.10 Dune: Part Two		8.00 Jurassic Park				10.10 Jurassic World	
	303 SCIENCE FICTION	◂ 6.15 I Am Legend		8.00 The Matrix Reloaded				10.20 The Running Man	
	304 GREATS	◂ 6.25 Mad Max		8.00 Mad Max 2			9.40 Mad Max Beyond Thunderdome		
	305 ANIMATION	◂ 6.00 Dragon Rider	7.45 Open Season			9.25 The Adventures of Tintin: The Secret of the Unicorn			
	306 FAMILY	◂ 6.00 The Smurfs	7.55 The Smurfs 2					9.55 The Karate Kid Part II	
	307 ACTION	◂ 5.50 Batman & Robin		8.00 Bad Boys: Ride or Die				10.00 Mad Max: Fury Road	
	308 COMEDY	◂ 6.00 The Death of Stalin		8.00 Semi-Pro			9.35 Disaster Movie		
	309 THRILLER	◂ 6.00 The Bikeriders		8.00 Clear and Present Danger					10.25 Sleepers
	310 DRAMA	◂ 6.00 Dear John		8.00 P.S. I Love You				10.15 Dunkirk	
	311 HORROR	◂ 6.10 The Nun		8.00 Speak No Evil				9.55 A Quiet Place	
	313 FILM4	◂ 6.55 Behind Enemy Lines				9.00 Mission: Impossible – Ghost Protocol			
SPORT	401 MAIN EVENT	7.00 The Transfer...	7.30 Premier League – Live: West Ham United v Nottingham Forest (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Premier League – Live: West Ham United v Nottingham Forest (Kick-off 8.00)						10.30 PL Big Interview
	403 FOOTBALL	7.00 SPFL – Live: Rangers v Aberdeen (Kick-off 8.00)							10.30 1983: When...
	405 CRICKET	7.00 Big Bash League		8.00 SA20				10.00 Big Bash League	
	410 TNT SPORTS 1	7.00 Inside Serie A	7.30 Serie A – Live: Sassuolo v Juventus (Kick-off 7.45)					10.00 The Ashes	
	411 TNT SPORTS 2	◂ 6.00 Skiing World...	7.30 The Football...	8.00 Longines FEI Jumping World Cup		9.00 The Gallagher PREM			

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Scams** New edition Consumer series. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Lost treasures. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition The Welsh Valleys. (S)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition Siblings hope to turn heirlooms into a dream holiday. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

5.15 Pointless

7 PM

7.00 **The One Show** Lauren Laverne and Angellica Bell host the topical show. (S)
7.30 **EastEnders** Nicola has a plan for revenge, Alfie faces a difficult situation, while Phil makes a big decision about the future. (S)(AD)

8 PM

8.00 **Inside the Factory** New edition 2/6. Paddy McGuinness visits the south Wales factory where Jammie Dodgers are made, following the process from dough to packing. Cherry Healey takes on a biscuit dunking test. (S)(AD)

9 PM

9.00 **NEW SERIES Waterloo Road** 1/8. Return of the school drama starring Jon Richardson. New deputy head Darius welcomes excluded students to the school and is put to the test by a violent arrival. (S17) (S)(AD)
■ Continues at 10.40pm

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Waterloo Road** New episode 2/8. Portia is humiliated when her new romance turns sour, while Ben is schooled by a rebellious supply teacher. (S17) (S)(AD)
■ Entire series on BBC iPlayer
11.40 **Mrs Brown's Boys New Year Special** 2/2. Agnes prepares for an incoming storm. (S)(R)(AD)
12.10 AM **Shedites** One-off comedy set in and around the sheds in an Irish village, starring Phil Davis and Brendan O'Carroll. (S)(R)(AD)
12.40 **The Weakest Link: Party Special** Contestants include Charlotte Crosby and Patsy Palmer. (S)(R)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Lost and Found in the Lakes**
6.30 **The Travelling Auctioneers** (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Antiques Roadshow – Unseen Treasures** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** Quiz. (S)(R)
2.15 **The Manor Reborn** (S)(R)(AD)
3.15 **Hidden Treasures of the National Trust** (S)(R)(AD)
4.15 **Madagascar** (S)(R)(AD)
5.15 **Flog It!** From Ickworth House near Bury St Edmunds, Suffolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Robson Green's Weekend Escapes** New edition JJ Chalmers joins Robson in and around the Scottish town of Pitlochry. (S)(AD)

9.45 Live at the Apollo

7.00 **NEW SERIES Rick Stein's Australia** 1/6. Rick embarks on a deeply personal and revelatory road trip as he uncovers how Australia and its food are changing. He starts his journey by exploring Sydney. (S)(AD)

8.00 **A House Through Time: Two Cities at War** 1/4. David Olusoga traces the lives of residents of two apartment blocks – one in London and one in Berlin – during World War Two. (S)(R)

9.00 **QI XL** New edition Host Sandi Toksvig and regular panellist Alan Davies are joined by guests Nabil Abdulrashid, Holly Walsh and Sam Campbell. (S)
9.45 **Live at the Apollo** New edition 3/7. Dara O Briain introduces comedians Jack Skipper and Felicity Ward to the stage at London's Hammersmith Apollo. (S)
10.30 **Newsnight** (S)

11.00 **FILM Priscilla** Biopic starring Cailee Spaeny and Jacob Elordi. A schoolgirl is slowly drawn into a strange and unhealthy co-dependent life with Elvis Presley. (S)(AD) (2023, 15, 110min) ★★★
12.50 AM **Sign Zone: The Traitors** 3/12. With Claudia Winkleman. (S)(R)(AD)
2.00 **Sign Zone: Titanic Sinks Tonight** 3/4. As the liner goes down fast, there is a scramble for places in the remaining lifeboats. (S)(R)(AD)
3.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team assess items at the Royal Armouries Museum in Leeds. (S)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Kev tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Millionaire Hot Seat

7.30 **NEW SERIES Millionaire Hot Seat** Jeremy Clarkson hosts a quiz in which six hopefuls compete for £1,000,000, with each question being against the clock. (S)
■ Continues tomorrow

8.00 **Emmerdale** There is complete carnage after the previous night's catastrophic events. (S)(AD)
8.30 **Coronation Street** Weatherfield mourns the loss of one of its own. (S)

9.00 **NEW SERIES The Martin Lewis Money Show: Live** The cash expert rings in the new year with a bill-busting special, presenting all the latest financial news and offering tips to keep on top of family finances in January. (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Tracking a Serial Killer: True Crime Presents** A dangerous killer is on the loose and detectives need to act fast when the bodies of two men are found stabbed to death in flats in Derby. (S)(R)
11.45 **Millionaire Hot Seat** (S)(R)
12.10 AM **Teleshopping**
3.00 **Riches** 2/6. Claudia furiously works to regain Flair and Glory for her family. Meanwhile, as Nina acquaints herself with the business, a social media complaint against the company spirals. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 6-8/26. (S5) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 4-7/24. (S7) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition B&B owner Emma trials art classes for her guests. (S)
5.00 **Junior Bake Off** New edition The youngsters take on a baseball-themed technical challenge for Biscuit Day. (S)(AD)
6.00 **A Place in the Sun** New edition Ben Hillman helps a father and daughter search for a family holiday home in the Turkish city of Side on a £170,000 budget. (S)

8.00 What Not to Eat

7.00 **News** (S)

8.00 **NEW SERIES What Not to Eat** 1/4. A guide to the world of ultra-processed foods, finding out what UPFs do to the body and how one of the nation's favourites – strawberry milkshake – is made. (S)(AD)

9.00 **NEW Catching a Killer** The investigation into the murder of Cumali Turhan, who went missing in November 2024, only for his body to be found in an Essex landfill site two months later. (S)(AD)

10.15 **Social Media Monsters** New edition The story of a teenage break-up that went wrong, prompting a 17-year-old boy to tell his friends online that he 'can't let it slide' – leading to a tragic attack. (S)
■ Continues tomorrow

11.15 **Celebrity SAS: Who Dares Wins** Double bill. (S)(SL)(R)(AD)
1.10 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.00 **FILM The Darkest Minds** Thriller starring Amandla Stenberg. (S)(SL) (2018, 12, 105min) ★★
3.45 **Jamie's £1 Wonders** (S)(SL)(R)
4.40 **Sunday Brunch** (S)(R)
4.55 **Kirstie and Phil's Love It or List It** From Lanarkshire. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** 2/6. An elderly woman believes a precious treasure holds the key to finding her kidnapped brother. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Benidorm's Chunkz swaps tribute act performances for barbeque catering, hoping to inspire his kids with new tasty recipes. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Stories of palace scandal. (S)(R)
6.55 **News** (S)

NEW

8.00 **Dogs Behaving (Very) Badly**

7.00 **The Coastal Map of Britain** Examining the rise and fall of the UK's biggest ports, including a look at why the Romans chose London as the capital city. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Dogs Behaving (Very) Badly** Graeme Hall throws the doors open to his puppy school on the outskirts of the Cotswolds. Plus, he answers the nation's non-behavioural doggie dilemmas. (S)

9.00 **The Good Ship Murder** New episode 2/8. As the ship docks in Cannes, infamous film director Werner Altmann's 'muse', Mimi McQuinn, is murdered during the premiere of his latest film. (S3) (S)(AD)

10.00 FILM **Air Force One** Action drama starring Harrison Ford, Gary Oldman and Glenn Close. The US president has to battle against terrorists when his private plane is hijacked. (S) (1997, 15, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **9/11: Mystery of the Fifth Plane** Investigating the untold story of United Flight 23. (S)(R)
1.15 **PlayOJO Live Casino Show** (S)
3.15 **Your Dream Kitchen for Less** From St Margaret's Bay. (S)(R)
4.00 **World's Most Scenic River Journeys** River Suir. (S)(R)
4.45 **The Wonderful World of Chocolate** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive Australia** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **S.W.A.T.** 11/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **The Simpsons** *There Will Be Buds:* Homer coaches the kids' lacrosse team. (S)(R)
5.30 *Friends and Family:* Homer finds a new friend in a woman who acts just like him. (S)(R)
6.00 **The Office (US)** 23/24. Robert decides to shut down the Binghamton branch. (S)(R)
6.30 24/24. Dwight gives the Scranton branch workers free family portraits. (S8) (S)(R)

8.00 **Sherlock Holmes**

7.00 **The Simpsons** *Havana Wild Weekend:* The family take a trip to Cuba in search of cheap medical care for Grampa. (S)(R)
7.30 *Dad Behaviour:* Grampa discovers he is about to become a father again. (S)(R)

8.00 FILM **Sherlock Holmes** Guy Ritchie's rollicking action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Rachel McAdams, Mark Strong and Eddie Marsan. (S) (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.20 **Katherine Ryan: First Born Daughter** A stand-up special in which the comedian tackles marital dynamics, motherhood and media scandals, and answers audience dilemmas with no-holds-barred advice. (R)

11.50 **The Force: Manchester** Double bill of the documentary following the work of Greater Manchester Police. (S)(R)
1.40 AM **Brit Cops: Frontline Crime UK** The work of police officers in Devon and Cornwall. (S)(R)
2.35 **Monkey Life** (S)(R)
3.00 **S.W.A.T.** 11/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm Sportscene: Premiership Highlights (S) **11.10** Waterloo Road New episode (S)(AD) **12.10am** Scotcast (S)(R) **12.40** Mrs Brown's Boys New Year Special (S)(R)(AD) **1.10** Shedites (S)(R)(AD) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm The Chronicles of Belfast (S)(R) **10.00-10.30** Farm 999 (S)(R) **11.00** Live at the Apollo New edition (S) **11.45** World's Most Dangerous Roads (S)(R) **12.30-12.50am** BBC News (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **1.30** 3 Lle (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cysgu O Gwmpas (AD) **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Cyfweliad New edition **9.35** NEW SERIES Cymru ar Gyffuriau **10.00** Clwb Rygbi: Super Rygbi Cymru **10.30-11.35pm** Beicio Mynydd Redbull Hardline

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants**
7.30 **Top Gear Botswana Special** The presenters face a challenge in Botswana.
8.30 **Top Gear: Polar Challenge** The team compete in a race from Canada to the North Pole.
9.30 **Movies with Ali Plumb** Tom Cruise shares the movies that inspired him.
10.00 FILM **Mission: Impossible II** John Woo's action thriller sequel starring Tom Cruise. A secret agent battles a former spy-turned-criminal mastermind intent on stealing a deadly man-made virus. With Thandiwe Newton and Dougray Scott. (2000, 15, 124min) ★★★
12.00 M'T **Santa Claus the Serial Killer** 1-6/6. Documentary series in which British journalist Mobeen Azhar travels to Toronto to investigate the case of a serial killer.
2.55 **to 3.55** AM **Top Gear Botswana Special**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Thailand: Earth's Tropical Paradise** 2/3. Exploring the wildlife and culture of central Thailand.
8.00 **Yes, Prime Minister** MI5 reveals that its former head was a double agent. **8.30** Jim tries to improve employment figures.
9.00 **Double Cross: The True Story of the D-Day Spies** The story of the double agents who helped to make D-Day such a success.
10.00 **Culloden** Peter Watkins' 1964 fact-based drama recreating events at the 1746 Battle of Culloden. Stars George McBean.
11.10 **The Making of Culloden** The making of Peter Watkins' fact-based drama.
11.40 **Britain's Lost Waterlands: Escape to Swallows and Amazons Country**
12.40 AM **Flights of Fancy: Pigeons and the British**
1.40 **Double Cross: The True Story of the D-Day Spies**
2.40 **to 3.40** AM **Thailand: Earth's Tropical Paradise**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple choose between properties in Lowestoft and Marbella.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw try to return an Ford Fiesta XR2 back to show-winning condition.
6.55 **Car S.O.S** Fuzz and Tim take on their first-ever Honda restoration – a Honda CR-X.
8.00 **Car S.O.S** Fuzz and Tim get their hands on a Mazda MX5 that needs putting back on the road.
9.00 **Apollo 1: Destination Moon** The story of three astronauts who were selected as the first crew selected to fly an Apollo mission. But their prototype *Saturn1B* spacecraft was a disaster waiting to happen.
10.35 **24 Hours in A&E** A headteacher arrives having been involved in a collision while cycling home from her school, and an 87-year-old is examined for a blood clot in her leg.
11.35 **24 Hours in A&E** A 64-year-old is brought to St George's in a coma.
12.40 AM **Emergency Helicopter Medics**
1.45 **to 3.50** AM **24 Hours in A&E**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **The Simpsons**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** A familiar face returns to the village.
7.30 **The Simpsons** *Bart Gets a Z:* Bart's mischief causes Mrs Krabappel to get fired.
8.00 **First Dates** Lauren from *The Real Housewives of Cheshire* is looking to move on after her divorce.
9.00 **Gogglebox** The armchair critics watch *Starstruck*, *Married at First Sight Australia*, *The Piano* and *Fall*.
10.00 **Gogglebox** Appraisals of *Gordon, Gino & Fred: Viva España*, *Top Guns: Inside the RAF*, *Beat the Chasers* and *The Yorkshire Vet*.
11.05 **Open House: The Great Sex Experiment**
12.15 AM **Naked Attraction**
1.20 **First Dates**
2.15 **Gogglebox**
4.05 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **FBI** 7/22. A baby girl is kidnapped from nursery. (S4)
1.00 PM **The Rookie** 7/22. Nolan and Bailey discover there is more to Fred's death than meets the eye. (S4)
2.00 **Send in the Dogs**
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 FBI: Most Wanted

7 PM

7.00 Police 24/7 A stolen truck leads police on a high-speed chase, and a disgruntled mother picks up her drunk son.

8 PM

8.00 Law & Order: Criminal Intent *The War at Home:* 8/22. Goren is distracted as he struggles with a personal crisis. (S6)

9 PM

9.00 Law & Order: Special Victims Unit *Tunnel Blind:* 1/13. The team investigate when a child goes missing in broad daylight. (S25)

10 PM

10.00 FBI: Most Wanted Series finale *The Circle Game:* 22/22. A rogue government operative plans a terror attack. (S6)
11.00 **The Rookie** 1/14. (S3)
12.00 M'T **Law & Order: Criminal Intent** 7/22. (S6)
1.00 AM **FBI** 7/22. (S4)
2.00 NEW SERIES **Matlock** (S2)
3.00 **Doc** New episode 7/22. (S2)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S1)
10.10 **The Sopranos** 3&4/13. (S1)
12.20 PM **Game of Thrones** (S1)
2.30 **The Wire** 3&4/13. (S1)
4.40 **Westworld** 2/10. A host faces being decommissioned after showing abnormalities. (S1)
5.45 **Deadwood** 2/12. Hickok asks Bullock for protection in a high-stakes poker game. (S1)
6.50 **Game of Thrones** 3/10. Ned struggles to deal with the politics of the king's court. (S1)

4.40 Westworld

7.55 **Game of Thrones** *Cripples, B****rds and Broken Things:* 4/10. The balance of power between the Targaryens shifts dramatically. (S1)

9.00 **House of the Dragon** *Second of His Name:* 3/10. Daemon and the Sea Snake do battle with the Crabfeeder.

10.15 **House of the Dragon** *King of the Narrow Sea:* 4/10. Daemon returns to Kings Landing and stirs trouble for the king. (S1)
11.30 **Deadwood** As 5.45pm.
12.35 AM **All Her Fault** 3/8. Peter decides to take control.
1.40 4/8. Alcaras is tempted by an immoral offer. (S1)
2.40 **Game of Thrones** (S1)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 1/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 14/14. (S5)
12.00 NOON **The Flash** 2/20. (S8)
1.00 PM **Hawaii Five-0** (S8)
3.00 **S.W.A.T.** 11/21. (S3)
4.00 **NCIS: Los Angeles** 20/21. An ATF agent goes missing. (S14)
5.00 **SEAL Team** 13/14. Th team try to shut down the Venezuelan nuclear programme. (S5)
6.05 **Stargate SG-1** 11/22. Carter is kidnapped to help a termially ill millionaire. (S5)

9.00 David Blaine: Real or...?

7.10 **Stargate SG-1** *Wormhole X-Treme:* 12/22. O'Neill becomes technical adviser on a TV series with a very familiar storyline. (S5)

8.15 **Never Mind the Buzzcocks** With guests Ellie Goulding, Tom Grennan and Yungblud.

9.00 **David Blaine: Real or Magic?** The illusionist performs mind-boggling tricks for a host of celebrities.

10.00 **David Blaine: Beyond Magic** The illusionist performs tricks for a host of stars, including David Beckham and Drake.
11.00 **Fear the Walking Dead** 2/15. The group seek shelter with a survivalist family. (S2)
12.00 M'T **Mr Bigstuff** 3&4/6. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary series.
3.00 **S.W.A.T.** 11/21. (S3)
4.00 **NCIS: Los Angeles** (S14)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia and Alex: Parenthood**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 TikTok: Murder Gone Viral

7.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Guy takes on the Banker for the chance to win a cash prize.

8.00 **The Real Housewives of Orange County** New housewife Katie accidentally fuels a fire between Jenn and Gina.

9.00 **TikTok: Murder Gone Viral** A look at the case of Charlie Cosser, who was fatally stabbed by Yura Varybrus.

10.00 **Family Guy** 21/22. Brian wins tickets to a concert.
10.30 2/22. The Griffins have their TV viewing habits monitored. (S11)
11.00 **Family Guy** 4/22. Brian uses Stewie's time machine to impress women at bars. (S11)
11.30 **American Dad!** (S11&18)
12.25 AM **Bob's Burgers** (S12)
1.25 **Olivia Attwood's Bad Boyfriends**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.15 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The German Woman:* Foyle is frustrated at seeing everyone go off to war.
3.30 **Classic Emmerdale**
4.35 **Classic Coronation Street**
5.45 **Heartbeat** *Friends and Relations:* Clare finds herself under suspicion when a wild party ends in tragedy.

8.00 Vera

6.55 **Heartbeat** *Off the Rails:* A crime wave hits Ashfordly railway station, while a night out in Whitby proves eventful.

8.00 **Vera** *Death of a Family Man:* The detective investigates the death of a businessman who was working as an informant for HM Revenue and Customs offering information on his own company. Guest stars Robert Glenister.

10.00 **Foyle's War** *The White Feather:* Foyle investigates a pro-Hitler organisation he suspects may be linked to a mysterious death at the White Feather Hotel.
11.55 **Trial & Retribution** 2/2. A massive police search leads to the body of a missing five-year-old. (S1)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Dazza and Natalie go up against each other in the town of Thurso.
8.00 **Island Crossings** Documentary following ferry operators Caledonian MacBrayne.
9.00 **Murder Trial: Girl in the River** 1/2. The investigation into the murder of Scottish schoolgirl Caroline Glachan in August 1996.
10.00 2/2. Two key witnesses reveal more shocking evidence and one defendant chooses to take the stand.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **The Secret Lives of Lighthouse Keepers** Following the teams who keep the nation's coastlines safe.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 1&2/10. (S1)
10.10 **Sex and the City** (S5)
11.20 **Entourage** (S7)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S5)
2.40 **Ballers** 3&4/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 3/25. Jeff tries to take the easy option at college.
7.15 4/25. Shirley and Jeff bond over gossip. (S1)
7.45 **Sex and the City** 3/8. The girls join Richard on a trip to Atlantic City.
8.20 4/8. Carrie gets a new look. (S5)
9.00 **Chris Ramsey: Live from London** Stand-up.
10.00 **And Just Like That...**
10.55 **Community** (S1)
11.55 **Entourage** (S7)
1.05 AM **Ballers** 3&4/10. (S1)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Jacqueline du Pré: Genius and Tragedy**
7.55 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Leonardo da Vinci: The Universal Man**
9.15 **The Story of Syd Barrett and Pink Floyd**
11.00 **Pink Floyd: The Story of Wish You Were Here**
12.20 AM **Catching Fire: The Story of Anita Pallenberg** Documentary.
2.30 **A Play in a Day**
3.30 **Inside Art**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *True Q:* 6/26. An intern learns her true heritage. (S6)
8.00 **Star Trek: Deep Space Nine** 4/26. (S7)
9.00 **Fire Country** 1/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 7/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** A mother and son team, two West Sussex friends, and a couple of Nottingham pals take part in the quiz.
7.00 A set of twins from Birmingham, two friends from Surrey and a mother and daughter-in-law team from Manchester take part.
8.00 Two London siblings, a Manchester mother and son team, and two friends from Sandback compete.
9.00 **Alan Carr's Epic Gameshow** An updated version of *Bullseye*.
10.00 **Tipping Point** Triple bill of the game show.
12.50 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

6.10 AM **Home to Roost**
7.00 **Down to Earth** (S4)
8.00 **Born and Bred** (S3)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** 7-9/24. (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S3)
4.10 **Down to Earth** (S4)
5.20 **Doctor Finlay** 2/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 4/26. Part one of two. A reporter interviews the 4077th.
8.00 5/26. Part two of two. Clete Roberts completes his interviews.
8.30 6/26. Charles sulks in his tent. (S7)
9.00 **Brush Strokes** (S1)
11.00 **Born and Bred** (S3)
12.00 M'T **Down to Earth** (S4)
1.10 AM **Rumpole of the Bailey** 3/6. (S7)
2.20 **Brush Strokes** (S1)
3.00 **Highway to Heaven**
5.00 **to 5.50** AM **Man About the House**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.15 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Professionals** *Foxhole on the Roof:* Hospital patients are taken hostage.
5.50 **Minder** *The Bounty Hunter:* A widow is swindled out of her husband's insurance money.

8.00 The Motorbike Show

7.00 **American Pickers** Mike and Frank spend a large amount on cars, bikes and vintage advertising material in Michigan.
8.00 **The Motorbike Show** Henry Cole meets the California-based Brit who is reviving the American chopper.
9.00 **Ice Road Truckers** The men race to dismantle the Arctic bases, while Rick's truck ends up in the garage again.
10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring Jon Moxley, Claudio Castagnoli and Bryan Danielson.
12.05 AM **Dark Side of the Ring** The love story between Randy Savage and Miss Elizabeth.
1.00 **Auf Wiedersehen, Pet**
2.00 **Minder**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 22/26. (S4)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 24/26. (S4)
2.00 **Primeval** 4&5/7. (S4)
4.00 **Star Trek: Enterprise** 12/22. Part one of three. The crew answer a distress call. (S4)
5.00 **Stargate SG-1** 8/22. (S1)
6.00 **Star Trek: The Next Generation** 22/26. Troi's mother falls in love. (S4)

11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *The Quickening:* 24/26. Bashir tries to save a society suffering from an incurable disease. (S4)
8.00 **Stargate SG-1** *The Nox:* 8/22. Daniel is presumed dead after an alien abducts him. Guest stars Armin Shimerman. (S1)
9.00 **Grimm** *A Reptile Dysfunction:* 8/22. Nick and Hank investigate a mysterious sighting linked to a tourist's death.
10.00 **Grimm** *Star-Crossed:* 9/22. A barbaric Wesen ritual is brought to the present, and Monroe goes undercover. (S5)
11.00 **Wynonna Earp** 2/13. Doc Holliday unleashes a foul demon who proceeds to target Wynonna's sister. (S1)
12.00 M'T **The Swarm** 2/8. Wildlife starts to fight back. (S1)
1.00 AM **Primeval** 4&5/7. (S4)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 2/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 16/22. The team go after Lorelei Martins. (S5)
5.00 **Hudson & Rex** 8/16. A hockey prospect is found dead. (S4)
6.00 **Father Brown** *The Company of Men:* Lady Felicia pays an impromptu visit to the priest.

9.00 Dark Winds

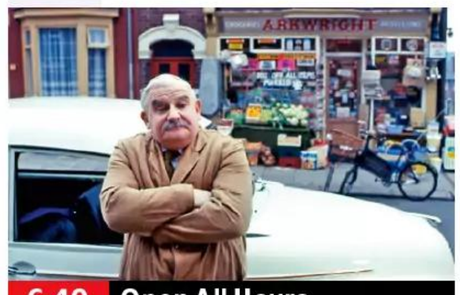
7.00 **Miss Fisher's Murder Mysteries** *Murder on the Ballarat Train:* 2/13. A woman mysteriously disappears on a train. (S1)
8.00 **Death in Paradise** *Wicked Wedding Night:* 2/8. A bride is shot with a spear gun just hours after getting married. (S1)
9.00 **Dark Winds** New episode *Tseko' Hasani:* 5/8. The FBI take over Leaphorn and Chee's case. (S3)
■ Entire series on Box Sets
10.00 **Death in Paradise** *The Wrong Man:* 2/8. The filming of a horror movie ends in a real-life murder. (S3)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 2/21. Margaret and Todd work on two seemingly unrelated cases. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Open All Hours**
10.40 **Keeping Up Appearances**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**



6.40 Open All Hours

7.20 **Dad's Army** First-ever episode. A bank manager assembles a motley crew of volunteers to protect Britain from the Nazis.
8.00 **The Good Life** Tom and Barbara decide to try talking to their plants. **8.40** Margo's windbreak causes problems for Tom and Barbara's soft fruits. **9.20** Tom and Barbara get closer to nature than they intended when they catch fleas.
10.00 **Not Going Out** Lee poses as Lucy's husband at a trade conference.
10.35 **The Good Life** As shown at 8.00pm.
11.15 **The Good Life** Double bill.
12.35 AM **Not Going Out**
1.15 **The Good Life** Triple bill.
3.10 **to 4.00** AM **Keeping Up Appearances** Hyacinth invites the new vicar round for tea – but despite her planning, the afternoon does not go to plan.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: The Reassembler**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin's Lancaster Bomber** Documentary.
11.00 **Rick Stein's Far Eastern...**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Far Eastern Odyssey** From Bangladesh.

7.00 Would I Lie to You?

7.00 **Would I Lie to You?** With Charles Dance, Stephen Mangan, Isy Suttie and Gok Wan. **7 PM**
7.40 **Richard Osman's House of Games** With Ria Lina and Briony May Williams. **8.20** With Mathew Horne Martel Maxwell, Chloe Petts and Alex Beresford. **8 PM**
9.00 **QI XL** Sandi Toksvig gets vocal with panellists Ed Byrne, Jimmy Carr, Judi Love and Alan Davies. **9 PM**
10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical news quiz, with Maisie Adam and Justin Webb. **10 PM**
11.00 **Taskmaster** Noel Fielding enjoys a sliding session.
12.00 M'T **Mock the Week** With Tom Allen and Ed Byrne.
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Find It, Fix It, Flog It**
3.55 LIVE **Football: AFCON** The seventh last-16 match at Complexe Sportif Prince Heretier Moulay El Hassan. Kick-off is at 4.00.
6.00 **Kirstie and Phil's Love It or List It**
6.55 LIVE **Football: AFCON** The eighth last-16 match at Marrakesh Stadium. Kick-off is at 7.00.
9.00 **First Dates Beach Club** Joe and Emily reach a crossroads in their lives. **10.00** Lauren from Newcastle hunts for her 'wifey for lifey'.
11.05 **Gogglebox** Double bill.
2.05 AM **Catching a Killer: Buried Truths**
3.20 **Social Media Monsters**
4.25 **to 5.00** AM **Devon and Cornwall**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
12.00 NOON **NCIS** (S20)
3.00 PM **Law & Order**
6.00 **NCIS** *In the Spotlight:* 19/22. Agent Knight goes viral for saving a mother and her young son. **7.00** *Second Opinion:* 20/22. A senator's daughter is murdered. **8.00** *Kompromat:* 21/22. A murder occurs in the classified section of the National Archive. (S20)
9.00 **Law & Order Toronto: Criminal Intent** *The Minnow and the Shark:* 6/10. Detectives enter the business of selling food and corporate corruption. (S1)
10.00 **Law & Order: Special Victims Unit** (S17&16)
1.45 AM **Blue Bloods** (S9)
2.45 NEW SERIES **Sight Unseen** 1/10. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain Brits on Benefits** Double bill.
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law** A man who has run up more than £1500 in unpaid fares.
10.00 **999: Criminals Caught on Camera** Featuring the most dramatic neighbourly disputes.
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Traffic Cops**
10.15 **Police Interceptors**
12.10 PM **FILM Run for Cover** Western starring James Cagney and John Derek. (1954, PG, 92min) ★★
2.10 **FILM Fort Utah** Western starring John Ireland. (1967, U, 84min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Tommy Wade witnesses a Micra fly around a roundabout. **9.00** PCs Billy Stead and Nathan Saltmer are on the tail of a possible cloned BMW.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** A hurricane.
1.05 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' New Year Clearout**
7.00 **Tipping Point**
10.00 **DIY SOS: Grenfell**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Grenfell**
7.00 **My Kitchen Rules: South Africa**
8.00 **One Born Every Minute** A 20-year-old expectant mother is admitted to hospital with a significant bleed. **9.00** A woman with gestational diabetes is rushed to theatre.
10.00 **Pete Wicks: For Dogs' Sake** Documentary.
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: A Place for Paedophiles**
1.35 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **At Home with the Braithwaites**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Harry Wild** Series finale *He Could've Been a Contender Until They Chopped His Arms Off:* 6/6. A boxing gym owner is murdered. (S2)
9.00 **Whitstable Pearl**
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Natasha Raskin Sharp and James Braxton go elephant crazy.
9.00 **Long Lost Family** A woman looks for the sisters she was separated from at the age of four.
10.00 **Long Lost Family: What Happened Next** Three memorable searches.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Michael Parr, Alex Scott, Jennifer Metcalfe and Bill Turnbull.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete to win a cash prize for charity.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Warwick Davis hosts as a team of five take part in the quiz. **7.00** A team of five police colleagues take on the Tenable tower.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A team of colleagues take part.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

6.00 AM **Cops Uncut**
6.50 **Emergency Rescue: Air, Land & Sea**
7.45 **The Persuaders!**
8.35 **Wanted: Dead or Alive**
9.10 **FILM Waterloo** Drama. (1970, U, 132min) ★★★
12.00 NOON **The High Chaparral** 7/26. (S2)
1.00 PM **FILM Forty Guns** Cult Western. (1957, b/w, PG, 76min) ★★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Redemption Day** Thriller. (2021, 15) ★★
11.10 **FILM The Exception** Drama. (2016, 15) ★★★
1.30 AM **The Avengers**
2.30 **The New Avengers**
3.25 **FILM Collision Course** Thriller. (2012, PG) ★★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

6.00 AM **FILM A Murderer Upstairs** (2017, PG) ★★
7.25 **FILM Wandering Eye** Thriller. (2011, PG) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 9/24. (S5)
12.10 PM **FILM A Healthy Place to Die** (2015) ★★
2.05 **FILM Concrete Evidence** (2017, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 10/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **FILM A Beautiful Place to Die** (2020, PG) ★★
10.55 **Diagnosis Murder: The House on Sycamore Street** Mystery thriller.
12.50 AM **FILM Fatal Trust** Thriller. (2016, 12) ★★
2.35 **FILM Killer Night Shift** Thriller. (2018, 15) ★★
4.00 **FILM Killer Contractor**
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

6.20 AM **FILM The Santa Squad** (2020, PG) ★★
8.15 **FILM Fashionably Yours** Comedy. (2020, PG) ★★
10.20 **FILM Wedding Cake Dreams** Drama. (2021, U, 85min) ★★
12.20 PM **FILM Just One Kiss** Comedy. (2022, PG) ★★
2.10 **FILM A Winter Princess** Drama. (2019, PG) ★★
4.00 **FILM With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
6.00 **FILM The Clue to Love** Drama. (2021, U) ★★
8.00 **FILM Never Too Late to Celebrate** Drama. (2023, PG, 85min) ★★
9.55 **FILM The Way to the Heart** (2022, PG) ★★
11.55 **FILM The Love Subscription** Comedy. (2023, PG, 86min) ★★
1.50 AM **Highway to Heaven**
2.50 **FILM A Winter Princess**
4.10 **to 6.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

6.00 AM **Highlights**
8.30 **Soap** 18/25. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 5/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Secrets of the Coast**
5.00 **The Prime of Miss Jean Brodie** 7/7. (S1)
6.00 **The Monkees** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S1)
7.30 **The Dustbinmen** (S1)
8.00 **Boon** 5/13. (S2)
9.00 **Lady Killers**
10.00 **Game On** 2/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens**
12.05 AM **70s vs 80s Hits**
1.05 **The Prime of Miss...**
2.05 **Tracing the Rails**
3.05 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** Man-sized pike.
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Aussie Gold Hunters** Alan and Salty venture deep into Western Australia's Pilbara region. **10.00** Jacqui and Andrew get trapped behind the line of a devastating bushfire. **11.00** The Victoria Diggers manage to unearth a rare artefact.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Secret Eats with Adam Richman**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off** The contestants test their bread-making skills.
8.00 **Great British Bake Off**
10.30 **Paul Hollywood: City Bakes** The chef visits local bakeries around the world.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/27. (S4)
9.00 **The A-Team** 7/25. (S3)
10.00 **Charlie's Angels** (S4)
11.00 **FILM Trapped in Space** Sci-fi action drama. (1994, 15, 84min) ★★
1.00 PM **FILM They Made Me a Fugitive** Thriller. (1947, PG, 104min) ★★
3.00 **FILM Dr Terror's House of Horrors** Horror. (1964, PG, 98min) ★★★
5.00 **Star Trek** 17/30. (S1)
6.00 **Charlie's Angels** (S4)
7.00 **The A-Team** 8/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Foreigner** Thriller with Jackie Chan. (2017, 15, 113min) ★★
11.15 **FILM Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
1.10 AM **FILM Ulzana's Raid** Cult Western. (1972, 15, 103min) ★★★★
3.10 **to 5.00** AM **FILM Buried** Thriller. (2010, 15, 94min) ★★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Curse of King Tut's Tomb**
11.00 **Andromeda** 15/22. (S5)
12.00 NOON **FILM Gunsmoke: One Man's Justice** Western. (1993, PG, 88min) ★★
2.00 PM **The Curse of King Tut's Tomb**
4.00 **Six Million Dollar Man**
5.00 **FILM Polar Storm** Sci-fi action adventure starring Jack Coleman. (2009, PG, 92min) ★★
7.00 **Andromeda** 16/22. (S5)
8.00 **Six Million Dollar Man**
9.00 **FILM The Power of One** Coming-of-age drama starring Stephen Dorff. (1991, 15, 127min) ★★
11.30 **FILM The Humanity Bureau** Sci-fi thriller. (2017, 15, 95min) ★★
1.25 AM **FILM Deadsight** Horror with Liv Collins. (2018, 81min) ★★
3.00 **FILM Polar Storm**
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Deadman's Curse**
10.00 **When Big Things Go Wrong** Disasters.
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Alan Titchmarsh's Underdog to Superdog**
11.00 **Ben Fogle: New Lives in the Wild**
12.00 NOON **World War I in Colour** Documentary.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **Mega Volcano: Drain the Oceans**
6.00 **Digging Up Britain's Past** Robin Hood.
7.00 **World War I in Colour**
8.00 **Ben Fogle: New Lives in the Wild** Queensland.
9.00 **The Hotel Inspector**
10.00 **Rich House, Poor House**
11.00 **Rich Holiday, Poor Holiday** Father-and-son factory workers swap with a big-spending family.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **Rock the Block**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** Dave and Jenny update an old farmhouse. **8.00** Jenny and Dave have a budget of $80,000 to update a family's home, and create a handmade beer tap.
9.00 **No Demo Reno** Jenn brings in a baking expert to help design a kitchen. **10.00** Jenn helps a young family transform their bedroom.
11.00 **Home Town** The Napiers face a time crunch. **12.00** M'T Ben and Erin return to help siblings.
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Steven's bump is so big, his daughter thinks he is growing a monster. **8.00** Lynette has lots of pebble-sized bumps.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S4)
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S9&10)
7.25 **Friends** 4/18. Emma's first birthday arrives. **7.55** 5/18. Rachel's sister looks after Emma. **8.30** 6/18. Rachel and Monica fight over a peculiar painting. (S10)
9.00 **FILM Working Girl** Romantic comedy with Melanie Griffith. (1988, 15, 113min) ★★★★
11.20 **Drunk History** Tales about Catherine Parr. **11.50** The story of a presidential disaster.
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **South Park** (S2&3)
2.50 **Demetri Martin: Person**
3.35 **NEW SERIES The Daily Show** Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Takeshi's Castle**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 20-23/24. (S4)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S4)
7.00 **Everybody Loves Raymond** (S4)
9.00 **Bradley & Barney Walsh: Breaking Dad** The actor and his son Barney arrive in Texas. **9.30** In New Orleans.
10.00 **Friends** (S9)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** (S3)
3.00 **Reno 911!** 3&4/14. (S1)
3.45 **Jimmy Carr's Am I the A**hole?**
4.30 **Spin City** (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.40 **Duty Free** 5/7. (S3)
10.15 **Bread** 11/14. (S6)
10.50 **Steptoe and Son** (S4)
11.30 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S1)
1.00 **Man About the House**
1.35 **Goodnight Sweetheart**
2.10 **When the Boat Comes In** 2/13. (S1)
3.10 **Minder** 2/11. (S1)
4.15 **Citizen Smith** (S1)
4.50 **Steptoe and Son** (S1)
5.25 **Some Mothers Do 'Ave 'Em** 2/7. (S1)
6.00 **That's 60s: Best Music**
6.10 **Cannon and Ball** (S9)
6.55 **Man About the House**
7.25 **Rising Damp** (S1)
7.55 **Minder** 7/11. (S1)
9.00 **Benidorm** 2/7. (S7)
9.55 **Shameless** 5/10. (S10)
10.55 **Minder** 7/11. (S1)
12.00 M'T **Benidorm** 2/7. (S7)
1.00 AM **Shameless** (S10)
2.00 **Kenny Everett Show**
2.35 **Man About the House**
3.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 7/14. (S5)
6.20 **Teen Mom 2**
8.00 **Catfish: Scammed**
9.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Celebs on the Farm**
8.00 **Old School for Lazy Kids**
9.00 **Just Tattoo of Us**
10.00 **Dating Naked** New editions Mike, an MC and radio host from Philadelphia meets Los Angeles native Moenay. **11.00** A British dance instructor and an ex-Marine from Philadelphia go on a date together.
12.00 M'T **Ridiculousness** New editions Double bill of the reality show.
1.00 AM **Geordie Shore: Aaron & Sophie's Story**
2.00 **Geordie Shore: Gary's Story** Reality series.
2.45 **Teen Mom: The Next Chapter** Reality show.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

6 January Tuesday

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** How the finest canvases are created. **3.30** How people care for bees. **4.00** How money is kept safe inside cash machines. **4.30** How the alcoholic spirit aquavit is made.
5.00 **Alaska: Homestead Rescue** The Raneys are in Maine to help a troubled couple.

9.00 Gold Rush

7.00 **Wheeler Dealers World Tour** Mike and Elvis head to sun drenched Portugal, where the Mini Moke has earned cult status.
8.00 **Wheeler Dealers World Tour** Mike and Elvis take a huge risk buying a neglected Audi RS2 that they cannot test drive.
9.00 **Gold Rush** New edition Parker discovers a wash plant is losing gold, while Mike puts new recruits through bootcamp.
10.00 **The Last Woodsmen** New edition Chainsaws spark fires, and Jared must make a call whether to end the season early.
11.00 **Expedition Unknown** Josh ends his Saqqara necropolis dig investigating the collapse of Egypt's Old Kingdom.
12.00 M'T **Deadliest Catch**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **The Last Woodsmen**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that reacts violently to a tiny dog. **4.00** A cat prevents a couple from having a baby.
5.00 **Lone Star Law** A manhunt begins when a suspect runs a constable off the road.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog with a mysterious injury.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson builds a barn-like birdhouse for two retirees on their Wisconsin farm.
8.00 **Guardians of the Glades** Dusty treks into Florida for his last stand along the python tourniquet, but things go wrong.
9.00 **Alaska: The Last Frontier** Eivin builds a shelter for his horse, and Atz Sr goes on a solo hunt in the Alaskan wild.
10.00 **Alaskan Bush People: Book of Noah** An in-depth interview with Noah Brown – the clan's 'Mr Fix-It'.
11.00 **The Haunted** Ghost hunting may have attracted trouble.
12.00 M'T **Crikey! It's the Irwins** Bindi puts on a birthday party for Minibus the wombat.
1.00 AM **Alaska Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Lost Treasures of Rome**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Drain the Oceans: Pacific Shockwave**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** How a Nazi scientist developed the world's first long-range rockets.

8.00 Hitler Youth

7.00 **Air Crash Investigation** Investigating the case of a commuter plane that crashed mere seconds after take-off in 1985.
8.00 **Hitler Youth** 1/2. The story of the Nazi youth organisation, which was used to indoctrinate German boys in the 1930s.
9.00 **Hitler Youth** 2/2. Investigating the efforts of the Allies to counter the indoctrination of captured Nazi soldiers.
10.00 **Hitler the Junkie** An expose of the medications Adolf Hitler was taking, how much he took and how often.
11.00 **Air Crash Investigation** The crash of British European Airways 548 in 1972.
12.00 M'T **Car S.O.S** A Fiat X1/9.
1.00 AM **To Catch a Smuggler**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Beyond the Myth: The SS Unveiled** Double bill.
3.00 **Secrets in the Ice**
5.00 **Pawn Stars** The memorabilia experts check out a supercharged motorcycle.
6.00 **American Pickers** A homeowner's grandfather leaves behind a property that includes a water park.

11.00 The Proof Is Out There

7.00 **Forged in Fire** The Road to Redemption contest continues, with four former smiths competing for a second chance.
8.00 **WW2 Air Crash Detectives** How thousands of soldiers during World War Two died in catastrophic air accidents.
9.00 **World War II: Witness to War** Recounting how, as the war encompassed the globe, the conflict took root in Africa.
10.00 **World War II: Witness to War** The US military faced a formidable enemy in Japan's forces at sea and in the air.
11.00 **The Proof Is Out There** New edition Experts consider whether a recording captured in Pennsylvania is a genuine Bigfoot howl.
12.00 M'T **The Proof Is Out There: Military Mysteries**
1.50 AM **The Proof Is Out There**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** As 5.00pm.
4.25 **to 6.00** AM **Secrets in the Ice**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **The World at War**
11.00 **True Evil: The Making of a Nazi** As shown at 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **True Evil: The Making of a Nazi** The motivations of key figures in Hitler's regime.
6.00 **Antiques Roadshow** From Salisbury Cathedral.

8.00 Flipping Bangers

7.00 **Great Canal Journeys** Actors Timothy West and Prunella Scales continue their journey and reach the Rochdale Canal.
8.00 **Flipping Bangers** Will Trickett and Gus Gregory find an orange Reliant Kitten that an engineer has given up on.
9.00 **Bangers & Cash** Derek travels to the Lancashire coast to pick up a rare 1972 Citroën SM.
10.00 **Bangers & Cash** An impressive collection of five iconic cars arrives in Thornton le Dale, including a 1966 Ford Zodiac.
11.00 **Bangers & Cash: Restoring Classics** The team restore a 1988 VW Golf GTI convertible and a wooden launch boat. **12.00** M'T The team restore a Renault Clio Williams 2 in F1 blue with contrasting alloys.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **The World at War**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Tuesday

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **James May's Shed Load of Ideas** New edition James May builds a table to keep pub meals warm. Plus, he tries to repair a record player and chop salad in a fan.
10.00 **The Repair Shop** A leather keepsake bag and an ornamental table.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ian Huntley.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **NEW SERIES Body Cam** In Colorado, a driver opens fire and sparks a high-speed pursuit.
10.00 **Scene of the Crime with Tony Harris**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** April Millsap.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** The 2013 murder of Champion Ganda, aged 17 years old.
8.00 **Murder: Point of Contact** Christopher Birks and his children escape a fire, but his wife Amanda doesn't.
9.00 **Cold Justice** New edition The disappearance of a mother who allegedly disappeared during a family holiday.
10.00 **NEW SERIES Secrets of a Murder Detective** In 1987, the bodies of Caroline Pierce and Wendy Knell were found.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice** As 9.00pm.
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** Unmasking the sexual deviant who raped and killed Christina Castiglione in 1982. **3.00** The 1972 rape and murder of Debbie Lynn Randall is solved.
4.00 **48 Hours** True-crime.
5.00 **Medical Detectives** A forensic psychiatrist helps case detectives. **5.30** Vital clues are gleaned from the body of a 16-year-old girl. **6.00** A woman falls from a cliff to her death. **6.30** A woman looks into the disappearance of her mother.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Stop, Search, Seize**
9.00 **Send in the Dogs**
10.00 **Caught on Dashcam**
12.00 NOON **Catching the Killer** Philip Smith.
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Nadine Aubras.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Dating Death**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil Killers** True-crime.
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops: Frontline Crime UK** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **The Normans**
9.55 **Fall of Japan in Colour**
10.50 **A Cold War of Spies**
11.55 **Remaking the Middle East** As 9.50pm.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Normans**
3.00 **Fall of Japan in Colour**
4.00 **A Cold War of Spies**
5.10 **Remaking the Middle East** As 9.50pm.
6.20 **The Normans**
7.40 **Fall of Japan in Colour**
8.40 **A Cold War of Spies** The US find their way into Soviet airspace.
9.50 **Remaking the Middle East** Series finale How Israel ended up fighting wars in Gaza and Iran.
11.00 **Fall of Japan in Colour**
12.00 M'T **A Cold War of Spies** As 8.40pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Helen Mirren**
8.00 **The Directors**
8.55 **Ghislaine Maxwell: Epstein's Shadow** As 5.55pm.
10.00 **Breath of Fire**
11.00 **Lockerbie**
12.00 NOON **Bright Lights: Starring Carrie Fisher and Debbie Reynolds** Documentary.
2.00 PM **Hurst: The First and Only**
3.50 **My Icon: Chris Hughton**
4.00 **Discovering: Helen Mirren**
5.00 **The Directors**
5.55 **Ghislaine Maxwell: Epstein's Shadow** 2/3. The documentary reveals how Ghislaine went to New York and fell in love with Jeffrey Epstein.
7.00 **I Am Patrick Swayze** A tribute to the American actor.
8.50 **My Icon: Pam Cookey**
9.00 **Murder on Middle Beach**
12.00 M'T **The Dark Money Game**
2.10 AM **The Man Who Stole The Scream** Documentary.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Helen Mirren**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Deep Dive Australia**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Evolution Earth**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **Monkeys and More: Our Closest Relatives**
9.00 **Secrets of the Enchanted Waters** Swamplands.
10.00 **Great Blue Wild**
11.00 **Uptown Otters**
12.00 M'T **Deep Dive Australia**
1.00 AM **Beasts of the Big Blue**
2.00 **Monkeys and More: Our Closest Relatives**
3.00 **Secrets of the Enchanted Waters** Swamplands.
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Secrets of the Lost Liners**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Nazi Murder Mysteries**
11.00 **Ancient Aliens Special Presentation** As 11.20pm.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Secrets of the Lost Liners**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Nazi Murder Mysteries** The German police's attempts to catch a psychotic killer.
8.00 The tale of a skeleton found in a hollowed-out tree.
9.00 **Scary Tales of New York** Serial killer couple Raymond Fernandez and Martha Beck.
10.10 Mobster and crime boss Umberto 'Albert' Anastasia.
11.20 **Ancient Aliens Special Presentation** Alien influence in the building of megalithic sites.
1.20 AM **Ancient Aliens**
2.10 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **History of Weapons**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Glyn Dix.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **Buried in the Backyard** New edition A 20-year-old artist is found dead in a suitcase across state lines.
10.00 **Murder at the Motel**
11.00 **City Confidential**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Buried in the Backyard**
3.00 **Secrets of Polygamy**
4.00 **Murdertown**
5.00 **to 6.00** AM **Robbie Coltrane's Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska's Grizzly Gauntlet**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Cheetahs Up Close with Bertie Gregory** Documentary.
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Tampa** The birth of four endangered Red Wolf pups marks an historic moment for the zoo.
8.00 **Hidden Wonders of Europe** Exploring Poland's wildlife.
9.00 The wildlife of Greece.
10.00 **Life Below Zero: First Alaskans** The Alaska natives are up for the fight.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Efforts to determine the age of the universe.
1.00 PM **NASA's Unexplained Files**
2.00 **In Search of Monsters**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **America's Most Secret: Structures** Behind the scenes of America's most classified sites and their activities.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** The iconic Route 66.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Doctor Who**
12.50 PM **Doctor Who**
5.55 **Doctor Who** *Planet of the Daleks – Part One:* 15/26. A wounded Doctor falls into a coma as the Tardis is piloted remotely by the Time Lords.
6.30 *Planet of the Daleks – Part Two:* 16/26. The indigenous Spiridons reveal the Daleks' dastardly plan.
7.00 *Planet of the Daleks – Part Three:* 17/26. Jo instigates an infiltration of the Dalek base.
7.30 *Planet of the Daleks – Part Four:* 18/26. The Doctor completes his escape from the Daleks and is reunited with Jo.
8.00 *Planet of the Daleks – Part Five:* 19/26. Jo learns of the Daleks' dastardly plot to release a bacteria that will kill all unimmunised life.
8.35 *Planet of the Daleks – Part Six:* 20/26. The Doctor and his cohorts strive to thwart the Daleks' evil scheme. (S10)
9.05 PM **to 6.00** AM **Doctor Who**

+1 hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
9.00 **The Perfect Murder**
11.00 **The Killer in My Family**
12.00 NOON **Murder in the Heartland** A bride-to-be killed in her future in-laws' home.
1.00 PM **The Perfect Murder**
3.00 **The Killer in My Family**
4.00 **Murder in the Heartland**
5.00 **Who Killed Jane Doe?**
7.00 **Til Death Do Us Part** A relationship in which passion soon turned to poison.
8.00 The story of how fierce arguments turned a couple's dreams into a nightmare.
9.00 **Evil Lives Here** Abbi hopes that fatherhood will change her controlling, abusive boyfriend.
10.00 **Deadliest Families** When Kamil's wife vanishes, he becomes the primary suspect.
11.00 **The Curious Case of...**
12.00 M'T **The Playboy Murders**
2.00 AM **Who Killed Jane Doe?**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** A disaster occurs during the building of a bridge.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Downey's Dream Cars**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **A Make or Break Holiday** Romance. (2025, U, 89min)
7.45 **The Phoenician Scheme** Comedy. (2025, 15) ★★★
9.30 **Karate Kid: Legends** Drama sequel. (2025, 12) ★★★
11.05 **Sinners** As shown at 10pm.
1.25 PM **28 Years Later** As 8pm.
3.25 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
5.10 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★

5.10 M:I - The Final Reckoning

8.00 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Safe House** Thriller with Lucien Laviscount and Holt McCallany. (2025, 15, 90min)
2.00 **Hallow Road** Psychological thriller with Rosamund Pike. (2025, 15, 80min) ★★★★
3.30 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
5.00 **to 6.25** AM **She's Making a List** Comedy. (2025, U, 89min)

Sky Cinema Science Fiction

303 303 403 503 517

7.10 AM **2012** As 12.05am.
9.55 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
11.30 **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
1.50 PM **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
4.10 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
6.15 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★

6.15 I Am Legend

8.00 **The Matrix Reloaded** Sci-fi action thriller sequel starring Keanu Reeves and Laurence Fishburne. With only 36 hours to go before a machine army overwhelms the underground city of Zion, hope rests on the messiah-like Neo to save humanity from the Matrix. (2003, 15, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Running Man** Sci-fi adventure starring Arnold Schwarzenegger as an escaped convict forced to participate in a deadly, gladiatorial game show. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
2.45 **Dual** Sci-fi thriller starring Karen Gillan and Aaron Paul. (2022, 15, 94min) ★★★★
4.25 **to 6.00** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Miranda's Victim** (2023)
8.25 **Night Call** As shown at 2.15am.
10.10 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
12.20 PM **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
2.05 **Carmen** Musical with Melissa Barrera. (2022, 15, 116min) ★★★
4.05 **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★
6.00 **Dear John** Romance starring Channing Tatum and Amanda Seyfried. (2010, 12, 108min) ★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
10.15 **Dunkirk** Christopher Nolan's drama with Kenneth Branagh. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
12.05 AM **Miranda's Victim** Drama starring Abigail Breslin, Emily VanCamp and Kyle MacLachlan. (2023, 15, 127min) ★★★
2.15 **Night Call** French-Belgian thriller with Jonathan Feltre. Subtitled. (2024, 15, 97min) ★★★★
4.00 **to 6.05** AM **Carmen** (2022)

Sky Cinema Horror

311 311 411 511 525

6.45 AM **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
8.25 **Opus** Thriller. (2025, 15) ★★★★
10.10 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
12.30 PM **The Damned** Mystery. (2024, 15, 89min) ★★★★
2.10 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★
4.10 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
6.10 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
8.00 **Speak No Evil** Horror with James McAvoy, Aisling Franciosi, Scoot McNairy and Mackenzie Davis. (2024, 15, 110min) ★★★★
9.55 **A Quiet Place** Horror starring Emily Blunt and John Krasinski, who also directed. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
11.35 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller, Ellen Burstyn and Lee J Cobb. (1973, 18, 121min) ★★★★★
1.40 AM **Speak No Evil** As 8.00pm.
3.45 **I Saw the TV Glow** As 2.10pm.
5.30 **to 7.15** AM **The Damned**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.20 AM **A Dog's Purpose** (2017)
9.05 **The Karate Kid Part II** (1986)
11.05 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
12.40 PM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG) ★★★★
2.30 **It Takes Two** Family comedy. (1995, U, 97min) ★
4.15 **A Dog's Purpose** Comedy drama. (2017, PG) ★★★
6.00 **The Smurfs** Family adventure. (2011, U, 103min) ★★

Sky Cinema Action

307 307 407 507 521

7.20 AM **Long Gone Heroes**
9.10 **William Tell** Historical drama. (2025, 15, 133min) ★★★
11.30 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★
1.45 PM **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
3.40 **Batman Forever** Adventure. (1995, 12, 121min) ★★★
5.50 **Batman & Robin** Adventure. (1997, PG, 125min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **The Terminal** Comedy drama. (2004, 12) ★★★★
9.25 **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
11.25 **Just Friends** (2005, 12) ★★
1.10 PM **Police Academy** Comedy. (1984, 15, 95min) ★★★
2.55 **Police Academy 2: Their First Assignment** (1985, 12) ★★
4.30 **Police Academy 3: Back in Training** (1986, PG) ★
6.00 **The Death of Stalin** Satire. (2017, 15, 106min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
8.30 **Kill** Thriller. (2023, 15) ★★★
10.15 **Psycho** Horror chiller remake. (1998, 15, 100min) ★
12.10 PM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
2.15 **Jaws 3** As 12.55am.
4.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
6.00 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
1.10 PM **It Came from Outer Space** Sci-fi thriller. (1953, b/w, PG, 81min) ★★★
2.50 **The Bedford Incident** Thriller. (1965, b/w, PG, 105min) ★★★
4.55 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
6.55 **Behind Enemy Lines** War drama starring Owen Wilson. (2001, 12, 106min) ★★★

Tuesday

6.00 The Smurfs

7.55 **The Smurfs 2** Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a long-standing duel of honour. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **My Penguin Friend** Drama starring Jean Reno. (2024, PG, 98min) ★★★★
1.50 AM **Bookworm** Comedy with Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
3.50 **to 6.00** AM **The Portable Door** Fantasy adventure. (2023, PG, 130min) ★★★

10.00 Mad Max: Fury Road

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Black Hawk Down** Ridley Scott's war drama starring Josh Hartnett, Ewan McGregor and Tom Sizemore. (2001, 15, 144min) ★★★
2.30 **Rumble in the Bronx** Action comedy starring Jackie Chan. (1996, 15, 89min) ★★★
4.05 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
5.50 **to 7.25** AM **The Warriors** Thriller. (1979, 15, 94min) ★★★

9.35 Disaster Movie

8.00 **Semi-Pro** Comedy with Will Ferrell. A 1970s pop star turned basketball team owner, coach and player rallies his squad for one last bid for success. (2008, 15, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Disaster Movie** Spoof starring Matt Lanter and Vanessa Minnillo. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Finding Your Feet** Comedy drama with Imelda Staunton. (2017, 12, 109min) ★★
1.00 AM **Dumb and Dumber** Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. (1994, 12, 107min) ★★★
3.00 **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★★
4.45 **to 6.50** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

6.00 The Bikeriders

8.00 **Clear and Present Danger** Action thriller based on the bestseller by Tom Clancy, starring Harrison Ford, Willem Dafoe and Anne Archer. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the US government. (1994, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Dustin Hoffman, Jason Patric and Brad Pitt. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Jaws 3** Adventure thriller sequel starring Dennis Quaid. (1983, 12, 99min) ★★
2.40 **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
4.35 **to 6.30** AM **To Catch a Thief** Hitchcock comedy thriller. (1955, PG, 102min) ★★★★

6.55 Behind Enemy Lines

Behind Enemy Lines (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise and Jeremy Renner. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

11.40 **Team America: World Police** Spoof of Hollywood action movies performed by puppets, featuring the voices of Trey Parker and Matt Stone. (2004, 15, 98min) ★★★★
1.40 **to 3.55** AM **Flag Day** Crime drama directed by and starring Sean Penn, with Dylan Penn and Josh Brolin. (2021, 15, 109min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Blockbusters

302 302 402 502 516

6.20 AM **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★
8.35 **Twisters** Disaster drama sequel. (2024, 12, 122min) ★★★★
10.40 **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★
1.05 PM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy drama starring Henry Thomas. (1982, U, 114min) ★★★★★
3.05 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's action adventure starring Harrison Ford. (2008, 12, 122min) ★★★
5.10 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet. (2024, 12, 166min) ★★★★★
8.00 **Jurassic Park** Steven Spielberg's monster thriller with Sam Neill. (1993, PG, 127min) ★★★★★
10.10 **Jurassic World** Action adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
12.20 AM **Troy** Epic drama with Brad Pitt, Eric Bana and Orlando Bloom. (2004, 15, 163min) ★★★
3.05 **The Golden Compass** Fantasy adventure with Nicole Kidman. (2007, PG, 109min) ★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.30 AM **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
8.00 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
10.00 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
12.15 PM **Raiders of the Lost Ark** Adventure. (1981, PG) ★★★★★
2.15 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
4.15 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
6.25 **Mad Max** Cult thriller starring Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
8.00 **Mad Max 2** Futuristic action thriller sequel starring Mel Gibson and Bruce Spence. (1981, 18, 95min) ★★★★
9.40 **Mad Max Beyond Thunderdome** Futuristic action thriller sequel with Mel Gibson. (1985, 15, 107min) ★★★
11.30 **Pulp Fiction** Quentin Tarantino's comedy thriller. (1994, 18, 154min) ★★★★★
2.05 AM **Logan's Run** Adventure. (1976, PG, 115min) ★★★★
4.10 **to 6.10** AM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Fox and Hare Save the...**
8.45 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
10.45 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
12.25 PM **Fireheart** Animation. (2022, U, 92min) ★★★
2.10 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
6.00 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
7.45 **Open Season** Animation. (2006, PG, 86min) ★★★★
9.25 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
11.15 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
12.50 AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★
2.20 **Fox and Hare Save the Forest** Animated family adventure. (2024, U, 71min) ★★★
3.45 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
5.30 **to 7.10** AM **Open Season: Scared Silly** Animation. (2015, PG, 84min) ★★★

Movies 24

312 313 419

7.00 AM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
9.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
11.00 **For The Love of Lily** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
3.00 **Blind Date Book Club** Romantic drama starring Erin Krakow. (2024, PG, 90min) ★★
5.00 **Eat, Love, London** Romantic drama starring Georgia May Foote. (2024, PG, 90min) ★★
7.00 **Romantic Rewrite** Romantic comedy drama starring Kristina Cole and Russell Quinn. (2022, PG, 82min) ★★
9.00 **Romantic Friction** Romantic comedy drama starring Julie Roy and Brandon Santana. (2023, PG, 90min) ★★
11.00 **3 Bed, 2 Bath, 1 Ghost** Supernatural romantic comedy. (2023, PG, 84min) ★★
1.00 AM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **A Match In Manhattan** Romantic drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **What's On TPTV with Noel**
6.10 **Three Silent Men** Crime drama. (1940, b/w, PG, 72min) ★★★
7.35 **Park Plaza 605** Thriller. (1953, b/w, PG, 79min) ★★
9.10 **The Delavine Affair** Drama. (1954, b/w, PG, 64min) ★★★
10.25 **Web of Suspicion** Drama. (1959, b/w, PG, 70min) ★★★
11.40 **Model for Murder** Mystery. (1958, b/w, PG, 73min) ★★★
1.10 PM **The Narrowing Circle** Murder mystery drama. (1956, b/w, PG, 64min) ★★
2.30 **Melody** Romantic drama. (1971, PG, 103min) ★★
4.40 **Heavens Above!** Comedy. (1963, b/w, PG, 118min) ★★★
6.55 **The Man from UNCLE** (S1)
8.00 **Francis Durbridge's Melissa**
9.05 **The Lost World** 1&2/2. Adventure starring Bob Hoskins.
12.15 AM **Echo of Barbara** Crime drama starring Mervyn Johns. (1961, b/w, PG, 68min) ★★★
1.30 **Cellar Club with Caroline Munro**
1.40 **Hammer House of Mystery and Suspense** 6/13.
3.10 **Cellar Club with Caroline Munro**
3.15 **The Naked Kiss** Melodrama. (1964, 18, 93min) ★★★
5.00 **The David Niven Show** 2/13.
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 6 January

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 Sports Desk
3.30 LIVE SA20 MI Cape Town v Joburg Super Kings. Coverage of the match staged at Newlands Cricket Ground in Cape Town. Cape Town are the reigning champions, while the Super Kings were defeated by Sunrisers Eastern Cape in the Eliminator.
7.00 The Transfer Show
7.30 LIVE Premier League West Ham United v Nottingham Forest. Coverage of the Premier League match staged at London Stadium. Kick-off **8.00pm**.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 Premier League Legends
8.00 Premier League 100 Club
9.00 Good Morning Transfers
10.00 Sky Sports FC
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 PL Retro Archive action.
5.00 The Premier League Show
7.00 Premier League Stories
7.30 LIVE Premier League West Ham United v Nottingham Forest. Coverage of the Premier League encounter staged at London Stadium. When these sides faced each other last August, Hammers manager Nuno was in the opposite dugout and saw his then-Forest outfit fall to a 3-0 defeat. Kick-off **8.00pm**.
10.30 Premier League: Big Interview
11.00 Premier League Stories
11.30 Ref Watch Analysing decisions.
12.00 M'T **Premier League Highlights**
12.30 AM **PL: Big Interview**
1.00 PL Retro Archive action.
3.00 PL Greatest Games
4.00 Best PL Goals 1997/98
5.00 to 6.00 AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2022/23 play-offs.
9.00 EFL Greatest Games
10.00 Championship Retro
12.00 NOON **EFL** A replay of Leicester City v West Bromwich Albion.
2.00 PM **EFL League One Goals**
2.30 EFL League Two Goals
3.00 SPFL Highlights
4.00 EFL Highlights
5.30 EFL League One & Two Goals
6.30 SPFL Highlights
7.00 LIVE SPFL Rangers v Aberdeen. Coverage of the Scottish Premiership match from Ibrox, as the teams meet for the first time this season. The Gers won both times they hosted the Dons in the previous season, and are looking to extend a sequence of four home wins against their opponents. Kick-off **8.00pm**.
10.30 1983: When Aberdeen Ruled Europe Documentary.
11.30 EFL Greatest Games
12.00 M'T **EFL Cup** The 2014 final.
2.00 AM **Old Firm Derby Best Goals**
2.30 Edinburgh Derby Best Goals
3.00 EFL Greatest Games
4.00 Championship Season Review
5.00 EFL Cup Highlights
5.30 to 6.00 AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 Best of Jimmy Anderson: 500th Wicket From 2017.
7.10 Big Bash League
8.10 LIVE Big Bash League Adelaide Strikers v Sydney Thunder. Coverage of the T20 match staged at Adelaide Oval.
11.30 Best of England v South Africa
11.45 Best of ICC WT20
12.00 NOON **SA20** Recent action.
2.00 PM **Big Bash League**
3.00 Best of Jimmy Anderson: 500th Wicket From 2017.
3.10 Best of Sky Cricket
3.20 LIVE SA20 MI Cape Town v Joburg Super Kings. Coverage from Newlands Cricket Ground.
7.00 Big Bash League
8.00 SA20 Action from Pretoria Capitals v Sunrisers Eastern Cape.
9.00 Highlights from MI Cape Town v Joburg Super Kings.
10.00 Big Bash League
2.20 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
2.30 Best of England v South Africa
2.45 Best of ICC WT20
3.00 Big Bash League
4.00 SA20 Recent highlights.
5.00 to 6.00 AM **Big Bash League**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Golf Highlights**
7.00 Nick Dougherty's Tee Time Tips
8.00 Junior Golf Recent action.
8.30 Golf Highlights and features.
9.00 Best of the Open Zone 2024
10.00 The Open – Official Films
11.00 Golf Highlights
12.00 NOON **Junior Golf** Recent action.
12.30 PM **Golf Highlights**
1.00 Best of the Hero Masterclass
1.30 Best of the Shot Centre
2.00 The Open – Official Films
3.00 The Open Zone From 2023.
3.30 The Improvers Expert tips.
4.00 Junior Golf Highlights.
4.30 Mark Roe's Short Game School
5.00 Golf Highlights
6.00 The Open – Official Films
10.00 LIVE TGL The Bay v Atlanta Drive. Coverage of the third match of the team competition at SoFi Center, Palm Beach Gardens.
12.00 M'T **The Open – Official Films**
4.00 AM **US Open Official Films**
5.00 to 6.00 AM **The Open – Official Films**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **WTA & ATP Tennis**
2.30 ATP Tennis Recent finals.
3.40 WTA Tennis Canadian Open.
3.55 ATP Tennis Geneva Open final.
4.10 Journey to Jeddah
4.30 WTA & ATP Tennis
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE The Ashes Australia v England.** Day three of the fifth Test at Sydney Cricket Ground.
7.30 Premier League Netbusters
8.00 LIVE Isuzu UTE A-League Melbourne City v Brisbane Roar. Coverage of the match held at AAMI Park. Kick-off **8.00am**.
10.00 The Ashes Australia v England.
11.00 Premier League Review
12.00 NOON **The Gallagher PREM**
12.15 PM **UIM F1H2O World Championship Highlights**
12.45 Ski Jumping In Villach, Austria.
1.15 LIVE Ski Jumping Day one of the women's HS98 from Villach.
3.00 LIVE Ski Jumping The men's HS142 in Bischofshofen, Austria.
5.30 The Ashes Australia v England.
6.30 Premier League Stories
7.00 Inside Serie A
7.30 LIVE Serie A Sassuolo v Juventus. The Italian top-flight match at Mapei Stadium – Città del Tricolore. Kick-off **7.45pm**.
9.45 UEFA Champions League
10.00 The Ashes Australia v England.
11.00 PM **to 6.00** AM **LIVE The Ashes Australia v England.** Day four of the fifth Test in Sydney.

TNT Sports 2

411 414 522 409 431

6.00 AM **Serie A** Action from Italy.
8.00 Fishing: On the Bank
9.00 Test Cricket Highlights
1.00 PM **Serie A – Full Impact**
1.30 Inside Serie A The latest news.
2.00 Isuzu UTE A-League Highlights
2.31 The Ashes Australia v England.
3.30 Premier League Netbusters
4.00 Premier League Review
5.00 Isuzu UTE A-League
6.00 LIVE Freestyle Skiing Coverage of the opening day of the men's and women's aerials in the latest meeting of the season from Lac Beauport, Canada.
7.30 The Football Archives: UEFA Champions League
8.00 Longines FEI Jumping World Cup From Mechelen, Belgium.
9.00 The Gallagher PREM Action from Bristol Bears v Sale Sharks.
10.00 Highlights from Newcastle Red Bulls v Gloucester.
11.00 Bath v Exeter Chiefs.
12.00 M'T **The Gallagher PREM**
2.00 AM **The Gallagher PREM – The Wrap Up** Highlights and action.
2.15 No Filter Rugby
2.30 UFC Reloaded UFC 204.
5.00 to 6.00 AM **MLB Plays of the Year**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 NFL Bitesize Highlights
11.00 NFL Highlights Action from a match in week 17 of the season.
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 NFL Bitesize Highlights
4.00 NFL Highlights Atlanta Falcons v Los Angeles Rams.
5.00 A week 18 match.
6.00 NBC's Pro-Football Talk Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 NFL Bitesize Highlights Action from four week 18 matches.
9.00 NFL Highlights Tampa Bay Buccaneers v Atlanta Falcons.
10.00 NFL Highlights Action from two week 18 matches.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights** Action from Detroit Lions v Dallas Cowboys.
2.00 Highlights from Dallas Cowboys v Kansas City Chiefs.
3.00 Action from Tampa Bay Buccaneers v Atlanta Falcons.
4.00 to 6.00 AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live**
2.00 Sports Desk
5.00 The Premier League Show
7.00 The Transfer Show
8.00 Sports Centre
10.00 Sky Sports News A round-up of the sports news with analysis, comments and interviews.
10.30 LIVE WTA & ATP Tennis Further coverage of the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 AM **LIVE NBA Basketball Minnesota Timberwolves v Miami Heat.** Coverage of the inter-conference match held at Target Center. Tip-off **1.00am**.
3.30 Sky Sports News
4.00 to 6.30 AM **LIVE NBA Basketball Sacramento Kings v Dallas Mavericks.** Coverage of the Western Conference match at Golden 1 Center. Tip-off **4.00am**.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 Big Bash League
8.00 SA20 Recent highlights.
9.00 The Open – Official Films
11.00 World Darts Championship
12.00 NOON **Big Bash League**
1.00 PM **SA20** Recent action.
2.00 PL Greatest Games
3.00 NFL Highlights
4.00 World Darts Championship
7.00 NFL Highlights Recent action.
9.00 Big Bash League Highlights of Sydney Sixers v Brisbane Heat.
10.00 SA20 Action from Pretoria Capitals v Sunrisers Eastern Cape.
11.00 World Darts Championship Highlights of the final held at Alexandra Palace in London.
12.00 M'T **PL Greatest Games**
1.00 AM **NFL Highlights**
3.00 EFL Greatest Games
4.00 US Open Official Films
5.00 to 6.00 AM **The Open – Official Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 A-League Women Highlights
7.30 Adobe Women's FA Cup
11.30 Serie A: Full Impact
12.00 NOON **Inside Serie A**
12.30 PM **Premier League Netbusters**
1.00 The Gallagher PREM
6.15 WRC: More Than Machine
7.00 Premier League A replay of Leeds United v Manchester United.
8.30 Premier League Legends
9.00 Dakar Rally Saudi Arabia Action from the third stage.
10.00 Ski Jumping From Austria.
11.00 The Football Archives: UEFA Champions League
1.00 AM **MotoGP Classics: Sachsenring 2003**
2.00 MotoGP Classics
3.00 Ski Jumping World Cup
4.00 Isuzu UTE A-League Highlights
4.30 UEFA Champions League: Stories of the Finals
5.00 to 6.00 AM **Premier League Legends**

TNT Sports 4

414 416 524 411 434

6.00 AM **Classic Premier League**
7.00 UEFA Champions League
8.00 UIM F1H2O World Championship Highlights
8.30 Ski Jumping World Cup
9.00 MotoGP Classics
12.00 NOON **Snooker: Wuhan Open** Highlights of day seven from Wuhan Gymnasium in China.
2.00 PM **Snooker: Home Nations Series English Open**
4.00 MotoGP Classics
6.00 MotoGP Classics: Brno 2004
7.00 One-Day International Cricket New Zealand v West Indies in the first ODI staged at Hagley Oval.
8.00 New Zealand v West Indies in the second ODI at McLean Park.
9.00 New Zealand v West Indies in the third ODI at Seddon Park.
10.00 UFC: The Ultimate Fighter
1.00 AM **Serie A** Sassuolo v Juventus.
2.00 Snooker: Wuhan Open
4.00 to 6.00 AM **Snooker: Home Nations Series English Open**

Premier Sports 1

419 551

6.00 AM **Top 14 Rugby Union**
8.00 LaLiga A match replay.
10.00 Scottish Football Social Club
11.00 LaLiga Match Highlights
12.30 PM **URC in 60** The ninth round.
1.30 Sporting Greats
2.00 NHL on the Fly
3.00 Transworld Sport Magazine.
4.00 United Rugby Championship A replay of Leinster v Connacht.
6.00 Ulster v Munster.
8.00 Top 14 Rugby Union Highlights The 14th round.
8.30 LaLiga Celta Vigo v Valencia.
10.30 Scottish Football Social Club
11.30 LaLiga Match Highlights
12.00 M'T **LaLiga** Alavés v Oviedo.
2.00 AM **Top 14 Rugby Union Highlights** The 14th round.
2.30 NHL: This is Hockey
3.00 to 6.00 AM **LIVE NHL Ice Hockey Seattle Kraken v Boston Bruins.** Coverage of the inter-conference match at Climate Pledge Arena. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **LaLiga** Osasuna v Bilbao.
8.00 NHL Ice Hockey
10.00 Bike World Magazine.
10.30 United Rugby Championship
12.30 PM **Champions Cup**
2.30 Temples of Sport
3.00 Asian Le Mans Series
4.00 Top 14 Rugby Union
6.00 Temples of Sport
6.30 Asian Le Mans Series
7.30 Champions Cup Another chance to see Leicester Tigers v Leinster.
9.30 Temples of Sport
10.00 NHL Ice Hockey A replay of New York Rangers v Utah Mammoth.
12.00 M'T **NHL Specials** Florida Panthers celebrate their success.
12.30 AM **LIVE NHL Ice Hockey Toronto Maple Leafs v Florida Panthers.** The Eastern Conference match at Scotiabank Arena. Face-off **12.30am**.
3.30 NHL: This is Hockey
4.00 Temples of Sport
5.00 to 6.00 AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights.
10.25 F1 Explained: Pit Lane Battle
10.30 Formula 1 Hungarian Grand Prix.
12.55 PM **Myles Rowe and His Camera**
1.00 Formula 1 Archive highlights.
3.00 F1 Classic Races
5.15 Formula 1 The 2019 German Grand Prix at Hockenheimring.
7.45 Formula 1 The 2024 British Grand Prix from Silverstone.
9.50 Cadillac Feature
10.00 Formula 1 Highlights from the 2014 Bahrain Grand Prix.
11.00 The 2022 British Grand Prix staged at Silverstone.
12.00 M'T **to 6.00** AM **Formula 1**

Wednesday 7 January Evening Planner

Crime Drama

Grantchester

ITV1, 9pm

Geordie (Robson Green) and Rev Alphy (Rishi Nair) look at an apparent suicide as the drama returns. Continues tomorrow.

Crime Drama

Patience

C4, 9pm (box set, C4 Streaming)

The brilliant archivist (Ella Maisy Purves, right) works alongside detective Frankie Monroe (Jessica Hynes) on a new case.

Drama

Matlock

Sky Witness, 9pm

As the drama returns for a second season, Matty (Kathy Bates) has doubts about the man claiming to be Alfie's father.

Comedy

Can You Keep a Secret?

BBC1, 9.30pm (box set, BBC iPlayer)

Dawn French and Mark Heap star in this comedy as a couple who decide to grab an opportunity and become lawbreakers.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.00 The Traitors...	9.30 Can You Keep...	10.00 News; Local News	10.40 Match...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 How to Sleep Well with Michael Mosley		9.00 Digging for Britain		10.00 One Foot in...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Social Media Monsters	
	105 5	7.00 The 1970s Diet: Could It Work For You?		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Dragons and...		9.00 Super/Man: The Christopher Reeve Story			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Top Gear Patagonia Special				9.35 Movies...	10.00 Film: Mission: Impossible III	
	116 BBC4	7.00 Thailand: Earth's Tropical Paradise		8.00 Mysterious Origins of Insects		9.00 Inside Chernobyl's Mega Tomb		10.00 Tinker, Tailor, Soldier, Spy	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 TikTok: Murder Gone Viral		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.	7.55 The Dog House			9.00 George Clarke's Building Home		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Billion Pound Cruise		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 Doc	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	◂ 6.40 Open...	7.20 Dad's Army	8.00 The Good Life				10.00 Not Going Out	10.40 Good...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Gallagher PREM Unleashed		8.00 Junk & Disorderly		9.00 Film: Dr No			
	112 COMEDY CENTRAL	◂ 6.45 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks		9.00 Film: SAS: Red Notice			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Garbo: Where Did You Go?				9.55 Michael Caine: The Becoming of a...	
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 NCIS: New Orleans				10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour				9.00 Mud Madness		10.00 Wild & Weird America	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bird	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Strangest Things		9.00 UFO UK: New Evidence		10.00 Mysterious Islands	
	123 SKY HISTORY	7.00 The Curse of Oak Island							
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Mega Metro		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 I Am Heath Ledger				9.00 I'm Chevy Chase and You're Not			
FILMS - Sky Cinema	301 PREMIERE	◂ 5.40 Sinners		8.00 28 Years Later				10.00 Safe House	
	302 BLOCKBUSTERS	◂ 5.50 Jurassic World		8.00 Mamma Mia!				10.00 Mamma Mia! Here We Go Again	
	303 SCIENCE FICTION	◂ 6.00 Back to the Future		8.00 The Matrix Revolutions				10.10 The Matrix: Resurrections	
	304 GREATS	◂ 5.05 The Godfather		8.00 The Godfather Part II					
	305 ANIMATION	◂ 5.50 Sneaks	7.30 Open Season 2		8.55 Riverdance: The Animated Adventure				10.35 Open...
	306 FAMILY	◂ 6.00 E.T. The Extra Terrestrial		8.00 The Portable Door				10.00 Paul Blart: Mall Cop	
	307 ACTION	◂ 6.00 Mad Max: Fury Road		8.00 The Amazing Spider-Man 2					10.30 Batman
	308 COMEDY	◂ 5.50 The Terminal		8.00 Bridget Jones: Mad About the Boy				10.10 How to Lose a Guy in 10 Days	
	309 THRILLER	◂ 6.05 Speak No Evil		8.00 RocknRolla				10.00 Pulp Fiction	
	310 DRAMA	◂ 6.10 Jackie		8.00 Legends of the Fall					10.25 American Sniper
	311 HORROR	◂ 6.20 A Quiet Place		8.00 Blade 2				10.00 It	
	313 FILM4	◂ 6.40 Lion				9.00 L.A. Confidential			
SPORT	401 MAIN EVENT	◂ 6.00 Premier League – Live: Fulham v Chelsea (Kick-off 7.30)							
	402 PREMIER LEAGUE	◂ 6.00 Premier League – Live: Burnley v Manchester United (Kick-off 8.15)							
	403 FOOTBALL	◂ 6.00 Premier League – Live: Manchester City v Brighton & Hove Albion (Kick-off 7.30)							
	405 CRICKET	7.00 Premier League – Live: Newcastle United v Leeds United (Kick-off 8.15)							
	410 TNT SPORTS 1	◂ 6.30 Serie A	7.30 Serie A – Live: Parma v Inter Milan (Kick-off 7.45)					10.00 The Ashes	
	411 TNT SPORTS 2	◂ 6.30 Fishing...	7.30 Men's Alpine Skiing World Cup – Live: From Italy		8.45 Tom Daley: 1.6 Seconds				10.30 Classic PL

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Scams** New edition Consumer series. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Lost treasures. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Garden Rescue** New edition (S)
4.30 **The Travelling Auctioneers** New edition Robin Johnson and Briony Harford help a brother and sister sell their heirlooms. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 **The Traitors**

7.00 **The One Show** Angellica Bell and Gethin Jones present the topical show. (S)
7.30 **EastEnders** Ravi is thrown into a dangerous situation, Linda attends a school reunion, and Penny realises Gina knows her secret. (S)(AD)

8 PM

8.00 **The Traitors** New edition 4/12. The players arrive to a breakfast that leads to more questions than answers, and a mission reveals just how important the contestants' lives are to one another. (S)(AD)
■ Continues tomorrow

9 PM

9.05 **The Traitors: Uncloaked** New edition Discussion. (S)(AD)
9.30 NEW SERIES **Can You Keep a Secret?** 1/6. Comedy starring Mark Heap and Dawn French. *See feature, page 8.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day** A round-up of highlights from the latest Premier League matches, including Fulham v Chelsea at Craven Cottage, Manchester City v Brighton & Hove Albion at the Etihad Stadium and Crystal Palace v Aston Villa at Selhurst Park. (S)
12.10 AM **FILM Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton, Hugh Jackman, Keith Allen and Christopher Walken. (S) (2016, PG, 100min) ★★★
1.50 **Weather for the Week Ahead** (S)
1.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Lost and Found in the Lakes**
6.30 **The Travelling Auctioneers** (S)(R)
7.15 **I Escaped to the Country** (S)(R)
8.00 **Sign Zone: Weatherman Walking: The Welsh Coast** (S)(R)
8.30 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** Quiz. (S)(R)
2.15 **The Manor Reborn** (S)(R)(AD)
3.15 **Hidden Treasures of the National Trust** (S)(R)(AD)
4.15 **Madagascar** (S)(R)(AD)
5.15 **Flog It!** From Longleat. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson is joined by his hero Alan Shearer. (S)(AD)

9.00 **Digging for Britain**

7.00 **Celebrity Antiques Road Trip** Comedian Lucy Porter and Jenny Ryan of *The Chase* explore the antique shops in south Wales. On hand to help are experts Serhat Ahmet and Steven Moore. (S)(R)

8.00 **How to Sleep Well with Michael Mosley** As more people struggle with their sleep, Michael Mosley uses the latest science to explore how this impacts our health and what can be done to improve our sleep. (S)(R)(AD)

9.00 NEW SERIES **Digging for Britain** 1/6. Alice Roberts and Tori Herridge present evidence of a bloody massacre in the Scottish Highlands, and one of the largest Roman cemeteries ever found in Britain. (S)(AD)

10.00 **One Foot in the Grave** 1/6. First episode of the classic comedy starring Richard Wilson. Victor Meldrew faces up to retirement. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **The Million Pound Shaman Scam** 1/2. Documentary about Hampstead fraudster who posed as a faith healer. (S)(R)(AD)
12.00 M'T **Sign Zone: Titanic Sinks Tonight** 4/4. (S)(R)(AD)
1.00 AM **Sign Zone: Mo Salah – Never Give Up** Documentary. (S)(R)(AD)
2.00 **Sign Zone: Waiting for the Out** 1/6. Drama. (S1) (S)(R)(AD)
2.50 **Sign Zone: Amanda & Alan's Greek Job** 1/8. (S)(R)(AD)
3.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Burton-on-Trent, where Fay Rutter enjoys reliving a 1980s pop anthem. (S)
3.00 **Time Is Money** New edition Quiz hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Jason tries to open the 22 red boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 **Coronation Street**

7.30 **Millionaire Hot Seat** New edition Jeremy Clarkson hosts as six new contestants race against the clock, answering questions, hoping to climb the Money Ladder. (S)
■ Continues tomorrow

8.00 **Emmerdale** A deal is struck, April stands her ground and Sarah has some questions. (S)(AD)
8.30 **Coronation Street** The aftermath of the crash impacts one couple as they face a life-or-death situation (S)

9.00 NEW SERIES **Grantchester** Return of the period drama. A suspicious death interrupts the Easter Fete, and Alphy uses the case as a distraction from his personal life. *See feature, page 12.* (S10) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Taken** Action thriller starring Liam Neeson. A divorced ex-spy draws upon his old skills when he tries to rescue his abducted daughter from a gang of sex traffickers in Paris. (S)(AD) (2008, 18, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Millionaire Hot Seat** (S)(R)
12.40 **Gallagher PREM Unleashed** The ninth round of fixtures. (S)(R)
1.05 **Teleshopping**
3.00 **Riches** 3/6. Andre uncovers a fact that will have major ramifications for Nina. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 9-11/26. (S5) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 8-12/24. (S7) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a property in Fuerteventura. (S)(R)
4.00 **A New Life in the Sun** New edition DIY novices Nigel and Fede try to keep their Spanish guesthouse renovation going. (S)
5.00 **Junior Bake Off** New edition The young bakers make rolls and pizza on Bread Day. (S)(AD)
6.00 **A Place in the Sun** New edition Jean Johansson helps a couple with a £110,000 budget search for a home on the Costa Blanca. (S)

8.00 **Kirstie & Phil's Love It or List It**

7.00 **News** (S)

8.00 NEW SERIES **Kirstie & Phil's Love It or List It** Phil Spencer and Kirstie Allsopp help Julia, Simon and their four children, who are struggling for space in their East Renfrewshire home. (S)(AD)

9.00 NEW SERIES **Patience** *Vampire:* 1/8. The crime drama returns. Police officers in York investigate the death of a photographer who was found with a stake through his heart. *See feature, page 12.* (S2) (S)(AD)
■ Continues tomorrow

10.00 **Social Media Monsters** New edition The story of a woman who advertised incredible holiday deals for friends and family on her Facebook page – only for booking problems to uncover a massive fraud case. (S)(AD)
11.00 NEW TO C4 **The Murder of Laci Peterson** 1&2/6. Examining the case of a pregnant woman who went missing in 2002. *Previously shown on Crime + Investigation.* (S)
12.50 AM **In the Footsteps of Killers** (R)
1.45 **Kitchen Nightmares USA** (S)(R)
2.35 **Know Your S**t: Inside Our Guts**
3.30 **Jamie's £1 Wonders** (S)(SL)(R)
4.25 **Devon and Cornwall** (S)(R)(AD)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** 3/6. A 1980s-themed wedding anniversary party leads to tragedy when one of the guests is found dead. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Ex-probation officer Gill swaps coach tours for goat farm trips. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Behind the scenes of Elizabeth II's final appearance at Buckingham Palace. (S)(R)
6.55 **News** (S)

9.00 Surgeons: A Matter of Life...

7.00 NEW SERIES **The 1970s Diet: Could It Work For You?** 1/2. Josie Gibson looks at the diet culture of the 1970s. (S)
■ Concludes tomorrow
7.55 **News** (S)

8.00 NEW SERIES **Casualty 24/7: Every Second Counts** Life in the A&E department of Barnsley Hospital. The chute that is used to transport bloods through the hospital efficiently has broken. (S)

9.00 NEW SERIES **Surgeons: A Matter of Life or Death** 1/6. Surgeons Col Mark Foster and Sam George are hoping to stop ex-soldier Luke's extreme nerve pain with a groundbreaking procedure, but it poses a risk to his life. (S)

10.30 **Ambulance: Code Red** Dr Jaspreet Rayet and critical care paramedic Lisa Brown are dispatched to help a 42-year-old man, who has broken his leg from a fall at a mail-sorting office. (S)(R)

11.30 **Skin A&E** Dr Dev Shah is faced with the biggest lipoma the clinic has ever seen. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Your Dream Kitchen for Less**
3.50 **World's Most Scenic River Journeys** The Yukon. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive Australia** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **S.W.A.T.** 12/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **The Simpsons** *The Last Traction Hero:* An accident at work leaves Homer in a cast. (S)(R)
5.30 *The Town:* Homer takes the family to Boston. (S)(R)
6.00 **The Office (US)** 1/25. Two new faces in the workplace become known as 'the New Dwight' and 'the New Jim'. (S)(R)
6.30 2/25. Jim and Pam are surprised to receive an invitation to Roy's wedding. (S9) (S)(R)

9.00 Super/Man

7.00 **The Simpsons** *Pork and Burns:* Marge becomes obsessed with a Japanese style of living. (S)(R)
7.30 *The Nightmare After Krustmas:* Krusty and his daughter spend Christmas with the Simpsons. (S)(R)

8.00 **David Attenborough's Dragons and Damsels** The broadcaster delves into the lives of dragonflies and damselflies, examining their mating strategies, territorial behaviour and flight dynamics. (S)(R)(AD)

9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident. (S)(R)(AD)

11.00 FILM **Blacklight** Action thriller starring Liam Neeson. (S)(AD) (2022, 15, 104min) ★
1.00 AM **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.00 **Brit Cops: Frontline Crime UK** Officers in west Wales attend a fight outside a nightclub. (S)(R)
3.00 **S.W.A.T.** 12/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S14) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **12.10am** Scotcast (S)(R) **12.40** FILM Eddie the Eagle (S) (2016, PG, 100min) ★★★ **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Titanic Sinks Tonight (S)(R) **11.40** Match of the Day (S) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Cartrefi Cymru **1.30** Gwlad y Basg: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymry ar Gynfas **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Dal y Mellt (AD) **10.00** Llond Bol O Japan **11.00-11.34pm** Rhys Patchell: Japan a'r Gic Olaf

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Plankton poses as a genie. **7.15** Hippies move into Mr Krabs' new soup vat.
7.30 **Top Gear Patagonia Special** Jeremy, Richard and James take used sports cars on a gruelling trip to the world's southernmost city to stage a game of car football.
9.35 **Movies with Ali Plumb** New edition Radio 1's resident film buff Ali Plumb considers Tom Cruise's greatest on-screen stunts.
10.00 FILM **Mission: Impossible III** Spy thriller sequel starring Tom Cruise and Philip Seymour Hoffman. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an arms dealer. (2005, 12, 126min) ★★★★
11.55 **Confessions of a Steroid Gang** 1-3/3. Triple bill.
1.25 AM **Top Gear Africa Special** A search for the source of the Nile in Africa.
3.25 **to 4.00** AM **Confessions of a Steroid Gang**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Thailand: Earth's Tropical Paradise** 3/3. The mountains and forests of northern Thailand.
8.00 **Mysterious Origins of Insects** Exploring the realm of the creatures to better understand their evolution.
9.00 **Inside Chernobyl's Mega Tomb** Documentary following a team of international engineers as they build a steel structure to entomb the ruins of the nuclear power plant, destroyed in the 1986 disaster.
10.00 **Tinker, Tailor, Soldier, Spy** 3/7. Smiley seeks out an invaluable friend. **10.45** 4/7. Smiley remembers the legendary head of Moscow Circus. **11.30** 5/7. Smiley decides the time has come to call on Jim Prideaux. (S1)
12.15 AM **Mysterious Origins of Insects** As 8.00pm.
1.15 **Inside Chernobyl's Mega Tomb** As 9.00pm.
2.15 **to 3.15** AM **Thailand: Earth's Tropical Paradise**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple consider properties in Kent and in Spain's Costa Blanca.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Citroën SM – widely considered one of the greatest French cars ever.
6.55 **Car S.O.S** Fuzz and Tim restore a 1962 TVR Grantura.
7.55 **The Dog House** Grant the stray Westie has seen some tough times, but his luck may be about to change with the arrival of Casper and Sid.
9.00 **George Clarke's Building Home** Keith and Kate are moving with their children from their home in Glasgow to Dunoon, where they're turning a castle-like tower into their dream home.
10.00 **24 Hours in A&E** Medics treat three women who have been stabbed in a car park.
11.05 **24 Hours in A&E** A 72-year-old is airlifted to St George's after being trampled by cows.
12.10 AM **Emergency Helicopter Medics**
1.15 **George Clarke's Building Home** As 9.00pm.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **The Simpsons**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Diane finds out her children have slipped out without permission.
7.30 **The Simpsons** *The Great Wife Hope:* Marge campaigns against a combat sport.
8.00 **Billion Pound Cruise** Daily life on the mammoth cruise ship *Symphony of the Seas*. It's all hands on deck for the crew members as 6,680 passengers arrive for the holiday of a lifetime.
9.00 **Gogglebox** Opinions on *My Mum, Your Dad* and *Welcome to Wrexham*. **10.00** *The Great British Bake Off* is appraised.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.05 **Billion Pound Cruise**
2.10 **Gogglebox** Double bill.
4.05 **The Goldbergs**
5.00 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **FBI** 8/22. The team attempt to extract information from a 9/11 widow. (S4)
1.00 PM **The Rookie** 8/22. The team meet a citizen who thinks they are above the law. (S4)
2.00 **Send in the Dogs**
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 Doc

7 PM

7.00 **Police 24/7** A teenager in a stolen car takes officers on a wild pursuit, and two men are suspected of stealing razors.

8 PM

8.00 **Law & Order: Criminal Intent** *Weeping Willow:* 10/22. A popular video blogger is apparently kidnapped. (S6)

9 PM

9.00 **NEW SERIES Matlock** *The Before Times:* 1/16. Matty questions the paternity of the man claiming to be Alfie's father. (S2)

10 PM

10.00 **Doc** New episode *What I Did for Love:* 7/22. Amy and Gina team up to help a victim of domestic abuse. (S2)
11.00 **The Rookie** 1/14. (S3)
12.00 M'T **Law & Order: Criminal...**
1.00 AM **FBI** 8/22. (S4)
2.00 **Law & Order: Organized Crime** 1/13. (S4)
3.00 **Law & Order: Criminal Intent**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S1)
10.10 **The Sopranos** 5&6/13. (S1)
12.20 PM **Game of Thrones** (S1)
2.30 **The Wire** 5&6/13. (S1)
4.40 **Westworld** 3/10. Ford throws the park into disarray. (S1)
5.45 **Deadwood** 3/12. Brom Garrett confronts Al over his dud gold claim. (S1)
6.50 **Game of Thrones** 5/10. Catelyn takes Tyrion east in search of refuge at the Eyrie, home of her sister Lysa. (S1)

5.45 Deadwood

7.55 **Game of Thrones** *A Golden Crown:* 6/10. Ned is reinstated by Robert and hears rumours that associates of the Lannisters are stirring up trouble. (S1)

9.00 **House of the Dragon** *We Light the Way:* 5/10. Viserys and Rhaenyra broker agreements with the Velaryons.

10.15 **House of the Dragon** *The Princess and the Queen:* 6/10. Rhaenyra navigates speculation about her children. (S1)
11.30 **Deadwood** As 5.45pm.
12.35 AM **All Her Fault** 5/8. Brian uncovers a betrayal from Peter.
1.40 6/8. The Irvines must adjust to their new normal. (S1)
2.40 **Game of Thrones** (S1)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 2/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 1/10. (S6)
12.00 NOON **The Flash** 3/20. (S8)
1.00 PM **Hawaii Five-0** (S8)
3.00 **S.W.A.T.** 12/21. (S3)
4.00 **NCIS: Los Angeles** 21/21. Callen and Anna make an impromptu decision. (S14)
5.00 **SEAL Team** 14/14. Bravo must make a daring escape. (S5)
6.05 **Stargate SG-1** 13/22. A cadet team are needed for a mission when aliens invade. (S5)

5.00 SEAL Team

7.10 **Stargate SG-1** *48 Hours:* 14/22. The team race to Russia for help when Teal'c fails to emerge from the Stargate. (S5)

8.15 **Never Mind the Buzzcocks** With guests Richard Ayoade, DJ Majestic and Mollie King.

9.00 **FILM SAS: Red Notice** Action thriller starring Sam Heughan and Ruby Rose. An off-duty SAS soldier attempts to thwart a terror attack on a Channel Tunnel train. (2021, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Fear the Walking Dead** 3/15. Nick and Alicia inspect the wreckage of a plane crash. (S2)
12.00 M'T **Mr Bigstuff** 5&6/6. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary series.
3.00 **S.W.A.T.** 12/21. (S3)
4.00 **NCIS: Los Angeles** (S14)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia and Alex: Parenthood**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Jamie takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The Real Housewives of Orange County** The ladies take out their aggressions in a flag football match.

9.00 **TikTok: Murder Gone Viral** Investigating the murder of 13-year-old Tristyn Bailey, who was stabbed 114 times.

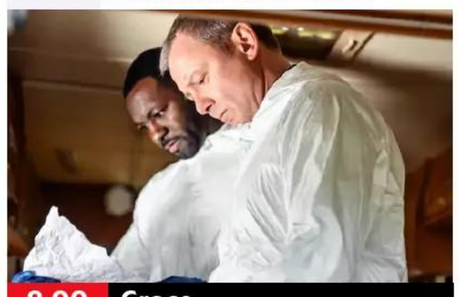
10.00 **Family Guy** 22/22. Chris wangles an invitation to join a country club.
10.30 6/22. Lois has an image change. (S11)
10.55 **Family Guy** 7/22. Meg becomes infatuated with a popular boy at school. (S11)
11.25 **American Dad!** (S15&18)
12.25 AM **Bob's Burgers** (S12)
1.25 **Olivia Attwood's Bad Boyfriends**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.15 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *The White Feather:* A pro-Hitler organisation is investigated. Guest stars Charles Dance.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Rustlers and Hustlers:* Walker uncovers a series of horse thefts.



8.00 Grace

6.55 **Heartbeat** *Duty of Care:* An accidental shooting at Ashfordly Hall prompts Bellamy to investigate reports.

8.00 **Grace** *Dead Simple:* Det Supt Roy Grace is approached by colleague DS Glen Branson to help investigate the case of a property developer who vanished without a trace on his stag night.

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** The judges consider properties in the west.
8.00 **Grand Tours of Scotland's Rivers** Exploring the upper reaches of the Spey.
9.00 **Mhairi Black: Being Me Again** The ex-SNP MP talks politics, neurodiversity and stand-up comedy.
10.00 **Disclosure: Are Refugees Welcome Here?** Mark Daly reports on tensions over immigration in light of recent protests outside hotels housing asylum seekers.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines fraud and the people who commit it.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 3&4/10. (S1)
10.15 **Sex and the City** (S5)
11.25 **Entourage** (S7)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S5)
2.40 **Ballers** 5&6/10. (S1)
3.50 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 5/25. Annie and Pierce team up.
7.15 6/25. Jeff urges to Troy to join the football team. (S1)
7.45 **Sex and the City** 5/8. Carrie's book-launch party approaches.
8.20 6/8. Carrie worries about Aidan. (S5)
9.00 **John Bishop 25 Tour: Live from Dublin**
10.15 **And Just Like That...**
11.10 **Community** (S1)
12.10 AM **Entourage** (S7)
1.15 **Ballers** 5&6/10. (S1)
2.30 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **La Traviata**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Battle of the Bagpipes**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Garbo: Where Did You Go?** An intimate portrait.
9.55 **Michael Caine: The Becoming of a Hollywood Star**
11.10 **Sean Connery vs James Bond**
12.25 AM **Katharine Hepburn: Call Me Kate**
2.20 **A Play in a Day**
3.20 **Dickens in Italy**
4.20 **Inside Art**
5.10 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *Rascals:* 7/26. (S6)
8.00 **Star Trek: Deep Space Nine** *Chrysalis:* 5/26. Dr Bashir helps an outcast recover from a trance-like state. (S7)
9.00 **The Rookie** (S1)
11.00 **Grimm** 8/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** London siblings, a mother and son from Manchester, and two friends from Sandback compete in the quiz.
7.00 Siblings-in-law from London, workmates from Croydon and Liverpool, and two pals from Kent take part.
8.00 A Middlesbrough couple, and two pairs of married Mancunians take part in the quiz.
9.00 **Alan Carr's Epic Gameshow** Alan hosts an updated version of *The Price Is Right*.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

6.10 AM **Home to Roost**
7.00 **Down to Earth** (S4)
8.00 **Born and Bred** (S3)
9.10 **Highway to Heaven**
10.10 **Little House on the Prairie** 10&12/24. (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S3)
4.10 **Down to Earth** (S4)
5.20 **Doctor Finlay** 3/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 7/26. The 4077th feel the heat.
8.00 8/26. Strong winds affect the 4077th.
8.30 9/26. Charles becomes a celebrity. (S7)
9.00 **Whatever Happened to the Likely Lads?** (S1)
11.00 **Born and Bred** (S3)
12.00 M'T **Down to Earth** (S4)
1.10 AM **Rumpole of the Bailey** 4/6. (S7)
2.20 **Whatever Happened to the Likely Lads?** (S1)
3.00 **Highway to Heaven**
5.00 **to 5.50** AM **Man About the House**

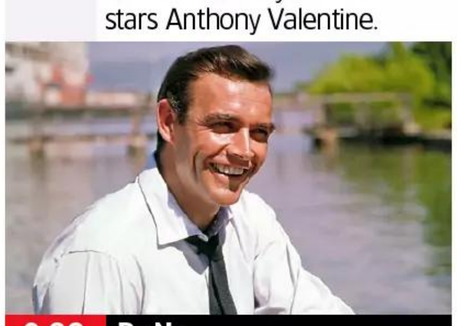
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.15 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.50 **The Professionals** *Operation Susie:* The team target cocaine traffickers.
5.55 **Minder** *Aces High and Sometimes Very Low:* Guest stars Anthony Valentine.



9.00 Dr No

7.00 **Gallagher PREM Unleashed** Recent action, including Bath v Exeter Chiefs and Northampton Saints v Harlequins.
8.00 **Junk & Disorderly** Henry Cole and restorers Allen Millyard and Guy Willison visit autojumbles in Stratford-upon-Avon.
9.00 **FILM** **Dr No** James Bond adventure starring Sean Connery as 007. Bond goes to Jamaica to investigate the mysterious death of a fellow agent. With Ursula Andress and Joseph Wiseman. (1962, PG, 111 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley, Jay White, Bryan Danielson and Miro.
1.20 AM **Minder**
2.15 **Motorsport Mundial**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 24/26. (S4)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 25/26. (S4)
2.00 **Primeval** 6&7/7. (S4)
4.00 **Star Trek: Enterprise** (S4)
5.00 **Stargate SG-1** As 8.00pm.
6.00 **Star Trek: The Next Generation** 24/26. Geordi is kidnapped and brainwashed into becoming a remorseless killing machine. (S4)

7.00 Star Trek: Deep Space Nine

7.00 **Star Trek: Deep Space Nine** *Body Parts:* 25/26. Quark sells his body parts on the Ferengi market to pay off his debts. (S4)
8.00 **Stargate SG-1** *Brief Candle:* 9/22. The team are unable to help O'Neill when he suddenly begins to age rapidly. (S1)
9.00 **Grimm** *Map of the Seven Knights:* 10/22. An opportunity affords Nick the chance to get closer to his ancestors.
10.00 **Grimm** *Key Move:* 11/22. Nick and Monroe move in on the source of a long-gestating mystery. (S5)
11.00 **Wynonna Earp** 3/13. Wynonna helps Agent Dolls trail three wayward revenants. (S1)
12.00 M'T **The Swarm** 3/8. Venice sees an unprecedented plague of jellyfish. (S1)
1.00 AM **Primeval** 6&7/7. (S4)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** As 12.00m't
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 10.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 3/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 17/22. Lisbon and Jane look into the murder of an army medic. (S5)
5.00 **Hudson & Rex** 9/16. The Major Crimes team are forced to turn against Jesse. (S4)
6.00 **Father Brown** As 10.00pm.

7.00 Miss Fisher's Murder...

7.00 **Miss Fisher's Murder Mysteries** *The Green Mill Murder:* 3/13. A murder takes place at a glamorous jazz club. (S1)
8.00 **Death in Paradise** *Predicting Murder:* 3/8. A voodoo priestess is found dead after predicting her own murder. (S1)
9.00 **Death in Paradise** *The Wrong Man:* 2/8. The filming of a horror movie on the island ends in a real-life murder. (S3)
10.00 **Father Brown** *Gardeners of Eden:* A celebrity florist brings glamour and murder to Kembleford. Guest stars Elaine Paige.
11.00 **Father Brown** *The Show Must Go On:* The leading man at the Kembleford players is killed.
12.00 M'T **So Help Me Todd** (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** 4/19. (S9)
3.00 **to 4.00** AM **Allegiance** New episode 9/10. (S1)

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.40 **Are You Being Served?**
10.20 **Open All Hours**
11.00 **Keeping Up Appearances**
11.40 **Last of the Summer Wine**
1.00 PM **The Green Green Grass**
1.35 **Ever Decreasing Circles**
2.15 **Dad's Army**
2.55 **Are You Being Served?**
3.30 **Open All Hours**
4.10 **Ever Decreasing Circles**
4.50 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

10.00 Not Going Out

7.20 **Dad's Army** Mainwaring sets about trying to get equipment for the platoon so they can see off potential Nazi invaders.
8.00 **The Good Life** Barbara's last posh frock gets torn, plunging her into gloom. **8.40** Tom and Barbara are prompted to consider taking a holiday. **9.20** Tom suspects Margo is having an affair, but doesn't know how to break the news to Jerry.
10.00 **Not Going Out** Lee gets jealous when Lucy talks about her first love.
10.40 **The Good Life** As shown at 8.00pm.
11.20 **The Good Life** Double bill.
12.40 AM **Not Going Out**
1.20 **The Good Life** Triple bill.
3.15 **to 4.00** AM **Keeping Up Appearances** Hyacinth visits a stately home, where she naturally tries her hardest to meet the lord of the manor.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.35 AM **Border Force: America's Gatekeepers** Double bill.
9.30 **Guy Martin's Spitfire**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The history of breakfast dishes.
6.00 **Rick Stein's Mediterranean Escapes** The chef catches a ferry to the island of Corsica.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With Paul Hollywood, Joan Bakewell, Warwick Davis and Jason Manford.
7.40 **Richard Osman's House of Games** With Martin Roberts and Milton Jones. **8.20** With Mathew Horne Alex Beresford, Chloe Petts and Martel Maxwell.
9.00 **QI XL** Sandi Toksvig hosts a 'very varied' edition, joined by panellists Ross Noble, Sara Pascoe, Sally Phillips and Alan Davies.
10.00 **Have I Got a Bit More News for You** Anna Maxwell Martin hosts, with Steph McGovern and Chris McCausland.
11.00 **Taskmaster** Hugh Dennis faces a sleeping bag challenge.
12.00 M'T **Mock the Week** With Angela Barnes and Ed Byrne.
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Meet the Richardsons**

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S** 2/9.
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Four editions.
3.30 PM **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Protein: Everything You Need to Know** Gemma Atkinson discusses the consumer health obsession surrounding protein.
8.00 **What Not to Eat** A guide to the world of ultra-processed foods.
9.00 **Space Shuttle Challenger: Days that Shocked the World** The destruction of the space shuttle in 1986.
10.00 **2025: The Year from Space** Life on Earth, as viewed by satellites above.
11.35 **Gogglebox**
12.35 AM **24 Hours in A&E**
1.35 **First Dates Beach Club**
3.40 **to 4.40** AM **The Great Pottery Throw Down**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
12.00 NOON **NCIS** (S20)
3.00 PM **Law & Order**
6.00 **NCIS** *Black Sky:* 22/22. The team try to stop an impending terror attack. **7.00** *Algún Día:* 1/10. The team help Torres when he puts his future on the line by confronting the man who tormented his family. **8.00** *The Stories We Leave Behind:* 2/10. The agents work on one of Ducky's cases. (S21)
9.00 **Criminal Minds** *Chameleon:* 13/15. Rossi questions his actions after a struggle with a serial killer. (S14)
10.00 **Law & Order: Special Victims Unit** (S17&16)
1.45 AM **Person of Interest**
2.40 **Sight Unseen** New episode 2/10. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain Brits on Benefits** Double bill.
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Fare Dodgers: At War with the Law** A man who has run up more than £1500 in unpaid fares.
8.00 **Call the Bailiffs: Time to Pay Up** Agent Scott evicts squatters, while Lewis and Alex chase high-value debts.
9.00 **HMP Belmarsh: Maximum Security**
11.05 **Adults Only: Hurts So Good** Documentary.
12.05 AM **Adults Only: Sex Made Millionaires**
1.05 **Surgeons: A Matter of Life or Death**
2.05 **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM** **The Last Challenge** Western. (1967, PG, 90min) ★★
2.00 PM **FILM** **The Last Hunt** Western adventure. (1955, PG, 108min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Reports come in of a cloned car with a balaclava-wearing driver in Newcastle.
9.00 **Traffic Cops** Derbyshire officers deal with young and dangerous motorists.
10.00 **Behind Bars: World's Toughest Prisons** A look at Picalena Prison.
11.00 **Banged Up Abroad**
12.00 M'T **World's Deadliest Weather: Caught on Camera** Wildfires.
1.10 AM **Ice Road Truckers**
2.10 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' New Year Clearout**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
11.00 **DIY SOS**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **NCIS: New Orleans** *Watch Over Me:* 7/23. A naval commander is found dead in his car. **9.00** *Love Hurts:* 8/23. Pride and the team investigate the murder of a petty officer. (S1)
10.00 **Elementary**
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux's Altered States**
1.35 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **At Home with the Braithwaites**
8.15 **Doctors**
9.25 **Classic Holby City**
10.30 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.05 **Howards' Way**
4.20 **Bergerac**
5.25 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** 2/8. Darby and Joan take a detour from Joan's quest for answers to help a friend of Darby's. (S1)
9.00 **Sister Boniface Mysteries** 4/10. (S1)
10.00 **New Tricks**
11.15 **Waking the Dead**
12.30 AM **Hotel Portofino**
1.40 **One Foot in the Grave**
2.15 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Drew and Viki explore new antiques ventures. **7.00** Drew and Al buy from businesses in the process of change.
8.00 **Antiques Road Trip**
9.00 **Fixer to Fabulous** New edition Renovating a tornado-ravaged house.
10.00 **Home Town**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With David Weir, Colin Baker, Chelsee Healey and Alex Horne.
12.00 NOON **The Chase** Quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete to win a cash prize for charity.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Five friends take part in the quiz. **7.00** Five workmates take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Five steampunk enthusiasts take part.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase** Four editions of the quiz.
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

6.00 AM **Cops Uncut**
6.50 **Emergency Rescue: Air, Land & Sea**
7.45 **The Persuaders!**
8.35 **Wanted: Dead or Alive**
9.10 **Tombstone Territory**
9.40 **FILM Bandolero!** Western. (1968, 15) ★★★
12.00 NOON **The High Chaparral** 4/26. (S2)
1.00 PM **FILM Seminole Uprising** (1955, PG) ★
2.30 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Beyond the Law** Thriller. (2019, 15) ★
10.55 **FILM The Eastern Front** Drama. (2020, 15) ★★
1.10 AM **The Avengers**
2.10 **The New Avengers**
3.10 **FILM Collision Earth** Drama. (2020, 12) ★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

6.00 AM **FILM My Stepfather's Secret** Thriller. (2019, 12) ★★
7.25 **FILM Crimes of Passion** Thriller. (2005, PG) ★★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 10/24. (S5)
12.10 PM **FILM The Gourmet Detective: Death Al Dente** (2015, PG) ★★
2.05 **Fatal Encounters**
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 11/24. (S5)
8.00 **Unforgettable** (S2)
9.00 **Hailey Dean Mysteries**
10.55 **FILM A Twist of the Knife** (1993, PG) ★★
12.50 AM **FILM A Deadly Lullaby** (2020, 12) ★
2.35 **FILM Flirting with Danger** (2006, PG) ★★
4.00 **FILM Final Verdict** Drama. (2009, PG) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

6.25 AM **FILM With Love, Your Sweetly Salted** Drama. (2023, U) ★★
8.15 **FILM Secret Millionaire** Comedy. (2018, PG) ★★
10.15 **FILM A Little Daytime Drama** (2021, PG) ★★
12.10 PM **FILM Love, Classified** Drama. (2022, PG) ★★
2.10 **FILM October Kiss** Drama. (2015, PG) ★★
4.05 **FILM Love and Sunshine** Drama. (2019, PG) ★★
6.00 **FILM Love's Second Chance** Romantic drama. (2020, PG, 90min) ★★
8.00 **FILM The Wish Swap** Fantasy. (2025, PG) ★★
9.55 **FILM Zoe's Having a Baby** Comedy drama. (2023, U, 90min) ★★
11.55 **FILM Sealed with a Kiss** Romantic drama. (2015, PG, 90min) ★★
1.50 AM **Highway to Heaven**
2.45 **FILM October Kiss**
4.15 **to 6.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions**
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Monkees** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S1)
7.30 **The Dustbinmen** (S1)
8.00 **The Champions**
9.00 **Wish Me Luck** (S3)
10.00 **Game On** 3/6. (S1)
10.35 **Stereo Underground**
11.35 **Star Maidens**
12.05 AM **70s vs 80s Rewind**
1.05 **The Kenny Everett New Naughty Video**
2.40 **Mysterious Tales**
2.45 **Discovering Gardens**
3.15 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** From Tasmania.
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The captain of the *Seabrooke* fights an agonising illness. **8.00** The captains are left reeling when their crab quotas are slashed.
9.00 **Alaska: Homestead Rescue** The Raneys ready their 40-acre homestead for winter.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Secrets of the Curry Kitchen**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **One-Pan Wonders** A frying-pan pasta. **9.30** A super-fast smoky noodle soup.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
1.30 **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/27. (S4)
9.00 **The A-Team** 8/25. (S3)
10.00 **Charlie's Angels** (S4)
11.00 **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
1.00 PM **FILM Gunsmoke: Return to Dodge** Western spin-off. (1989, 15, 90min) ★★
3.00 **FILM The Savage** Western. (1952, U) ★★
5.00 **Star Trek** 18/30. (S1)
6.00 **Charlie's Angels** (S4)
7.00 **The A-Team** 9/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Law Abiding Citizen** Crime thriller. (2009, 18, 109min) ★★
11.10 **FILM Runner Runner** Crime action thriller. (2013, 15, 91min) ★★★
1.00 AM **FILM The Devil's Own** Crime thriller. (1997, 15, 111min) ★★
3.10 **to 4.55** AM **FILM The Witches** Hammer horror. (1966, 15, 91min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Curse of King Tut's Tomb**
11.00 **Andromeda** 16/22. (S5)
12.00 NOON **FILM Polar Storm** Sci-fi thriller. (2009, PG, 92min) ★★
2.00 PM **FILM The Darwin Conspiracy** Sci-fi thriller. (1999, PG, 90min) ★
4.00 **Six Million Dollar Man**
5.00 **FILM Double Dragon** Martial arts adventure starring Mark Dacascos. (1994, 12, 91min) ★★
7.00 **Andromeda** 17/22. (S5)
8.00 **The Fall Guy** 1/23. (S1)
9.00 **FILM Beyond Suspicion** Thriller with Karl Urban and Sofia Vergara. (2018, 15, 96min) ★★
10.55 **FILM Wired Shut** Thriller starring Blake Stadel and Natalie Sharp. (2021, 15, 95min) ★★
1.00 AM **FILM Beyond Suspicion** As 9.00pm.
3.00 **FILM Double Dragon**
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **NEW SERIES Strange Evidence** Double bill.
11.00 **World's Most Unexplained**
12.00 M'T **Deadman's Curse**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Alan Titchmarsh's Underdog to Superdog**
11.00 **Ben Fogle: New Lives...**
12.00 NOON **World War I in Colour** Documentary
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **Egypt's Lost Wonders: Drain the Oceans**
6.00 **Digging Up Britain's Past** The Black Death.
7.00 **World War I in Colour**
8.00 **Ben Fogle: New Lives in the Wild** In California.
9.00 **Ice Age: A Frozen World** The hidden secrets of the Ice Age.
10.00 **Ice Age: Battle for Survival** Documentary.
11.00 **Ice Age: The Great Thaw** Documentary.
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **Rock the Block**
11.00 **My Lottery Dream Home** Four editions.
1.00 PM **My Lottery Dream Home International**
2.00 **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** Dave and Jenny modernise a rundown log cabin. **8.00** Transforming a classic Craftsman.
9.00 **Izzy Does It** New editions Izzy Battres faces a tough renovation as a beach loving family needs help updating their new home. **10.00** The Battres family are under pressure to deliver a high-end look that meets their budget.
11.00 **Home Town**
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Casey's birthmark covers most of her face, head and neck. **8.00** Aimee has lots of cysts on her head.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S4)
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Impractical Jokers**
1.30 **Friends** (S9&10)
7.15 **Friends** 10/18. Rachel and Phoebe spot Chandler with a woman. **7.45** 11/18. Guests stars Danny DeVito. **8.20** 12/18. Phoebe's big day arrives. (S10)
9.00 **Michael McIntyre's Big Show** With Tony Hadley.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Out of Order**
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S3)
2.50 **Michael McIntyre's Big Show** Variety show.
3.35 **MTV Cribs: Comedians Specials**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Impractical Jokers**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4&5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S4)
7.00 **Everybody Loves Raymond** Four episodes, including at: **8.30** 17/24. Ray indulges in Ally's hobby. (S4)
9.00 **South Park** (S4&12)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Teachers** (S3)
3.00 **Reno 911!** (S1)
3.45 **Important Things**
4.30 **Spin City** (S4)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 12/14. (S6)
10.55 **Steptoe and Son** (S4)
11.30 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S1)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 3/13. (S1)
3.10 **Minder** 3/11. (S1)
4.10 **Citizen Smith** (S1)
4.45 **Steptoe and Son** (S1)
5.25 **Some Mothers Do 'Ave 'Em** 3/7. (S1)
6.00 **That's 60s: Best Music**
6.10 **Cannon and Ball** (S9)
6.55 **Man About the House**
7.25 **Rising Damp** (S1)
7.55 **Minder** 8/11. (S1)
9.00 **Benidorm** 3/7. (S7)
9.55 **Shameless** 6/10. (S10)
10.55 **Minder** 8/11. (S1)
11.55 **Benidorm** 3/7. (S7)
12.55 AM **Shameless** (S10)
1.55 **Kenny Everett Show**
2.30 **Man About the House**
2.55 **Duty Free** (S3)
3.20 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 8/14. (S5)
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
2.00 PM **Catfish: Love Triangles** Reality series.
3.00 **Catfish: The TV Show**
6.00 **Celebs on the Farm** The nine remaining celebs take on an alpaca agility course. **7.00** The celebrities prepare rams for mating.
8.00 **Old School for Lazy Kids** A 22-year-old moves in with a 79-year-old.
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Unfaithful** Ta'Yiani seeks Tami's services.
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Ridiculousness**
1.00 AM **Geordie Shore: Chloe's Story**
2.00 **Geordie Shore**
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

7 January Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs: Road to the Ridler** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** How Australia's 80 million sheep are sheared. **4.30** Bras designed with aerospace technology.
5.00 **Alaska: Homestead Rescue** Marty restores a settling berm and makes a concrete storm.

10.00 **Wild & Weird America**

7.00 **Wheeler Dealers World Tour** Mike and Elvis try to restore a SEAT 600, and nasty bills put the boys' profit margin in peril.
8.00 **Wheeler Dealers World Tour** Mike and Elvis travel to Turkey in search of one of the rarest cars they have ever bought.
9.00 **Mud Madness** New edition Josh takes a reckless risk to salvage his season, endangering his life in a high-stakes bet.
10.00 **Wild & Weird America** New editions Compilation of clips capturing some of life's twists and turns. **10.30** A kayaking rescue and a runaway boat.
11.00 **Expedition Unknown** Josh discovers how pioneers turned to cannibalism.
12.00 M'T **Deadliest Catch**
1.00 AM **Mud Madness**
2.00 **Wild & Weird America**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** A surprise fish tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two felines begin to attack each other. **4.00** Two warring Sphynxes keep their owners up at night.
5.00 **Lone Star Law** Richards tries to serve an arrest warrant.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor helps a dog that was lost during a windstorm.

8.00 **Dog Detectives**

7.00 **Treehouse Masters** Pete builds a window-walled art studio and a bohemian clubhouse for 13-year-old singer Grace VanderWaal.
8.00 **Dog Detectives** Devastating news about PC McIntyre's Alsatian Rudi jeopardises their future together.
9.00 **Alaska: The Last Frontier** Eve goes hunting for the first time in years, and finds herself face to face with a buck.
10.00 **Alaskan Bush People: Book of Bird** An interview with Bird, the Brown brothers' sharp-shooting sister.
11.00 **The Haunted** A couple hear ghostly threats.
12.00 M'T **Crikey! It's the Irwins** The family set out to release an endangered sea turtle.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse**
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Pacific War Megawrecks: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures** How engineers built some of the largest land battleships ever.

8.00 **Strangest Things**

7.00 **Air Crash Investigation** The pilots of a crashed cargo jet believe they lost both engines, but evidence tells another story.
8.00 **Strangest Things** New edition A look at an enormous carved stone offering clues about the dawn of human civilisation.
9.00 **UFO UK: New Evidence** The revelations of the Ministry of Defence's UFO files, including the 'Welsh Roswell'.
10.00 **Mysterious Islands** Exploring a Cold War era Russian military base, and a palatial mansion is found on Isla Grande.
11.00 **Air Crash Investigation** What caused the Hughes Airwest Flight 706 to crash in 1971.
12.00 M'T **Car S.O.S** A VW Wizard.
1.00 AM **To Catch a Smuggler**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars**
9.15 **Tales from Oak Island**
10.10 **Storage Wars** Four editions.
12.00 NOON **The Curse of Oak Island** Triple bill of editions.
4.00 PM **The Curse of Oak Island** Rick and members of the fellowship make connections. **5.00** The team prepare the Money Pit for the final dig. **6.00** After a collapse, the Fellowship are at the precipice of the Solution Channel.

8.00 **The Curse of Oak Island**

7.00 **The Curse of Oak Island** As winter approaches, the Fellowship's members feel they are closer than ever to solving the mystery.
8.00 **NEW SERIES** **The Curse of Oak Island** A sneak peek at some of the discoveries in forthcoming editions.
9.00 **The Curse of Oak Island** New edition As the Laginas relaunch their search for treasure on Oak Island, a revelation may help prove the Knights Templar were connected to the 230-year-old mystery.
11.00 **My Paranormal Nightmare** A young girl claims to encounter the tortured spirit of a dead bride, while a boy is suspicious that a potential playmate is not human at all.
12.00 M'T **World's Most Unexplained**
1.50 AM **The Curse of Oak Island**
3.40 **Pawn Stars Do America**
4.25 **to 6.00** AM **The Curse of Oak Island**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys** From Seaford.
6.35 **Great British Railway Journeys** Triple bill.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Rise of the Nazis**
11.00 **True Evil: Making of a Nazi**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis**
5.00 **True Evil: Making of a Nazi**
6.00 **Antiques Roadshow** Fiona Bruce and the team are at Lytham Hall in Lancashire.

8.00 **Abandoned Engineering**

7.00 **Great Canal Journeys** Timothy West and Prunella Scales head to Llangollen, Denbighshire, where they spent their honeymoon.
8.00 **Abandoned Engineering** New edition Exploring a dilapidated mansion and the nerve centre of a rescue mission in England.
9.00 **NEW SERIES** **Mega Metro** An extension is now underway to get people into the centre of Australia's biggest city.
10.00 **Bangers & Cash** Dave goes to Wales to bag a Sierra Cosworth, a sought-after car in the bidding market.
11.00 **Bangers & Cash: Restoring Classics** The team snap up a slightly saggy 1970s Saab 96. **12.00** M'T The team purchase a 1950s Austin Westminster rally car in the hope that Dave Mathewson can win a race.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus uncovers a loft stashed with bizarre but highly valuable collectables. **9.00** The team perform house clearances.
10.00 **The Derbyshire Auction House** Irita helps a daughter clear her late father's collection of antique bottles.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** True-crime.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** A man with a developmental disability vanishes.
9.00 **How (Not) to Get Rid of a Body** A young man vanishes without a trace.
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Investigating the 2000 murder of Tom Cressman.
8.00 **Murder: Point of Contact** The Chishti family were victims of a fatal arson attack.
9.00 **Cold Justice** New edition The team investigate the death of a mother whose skull was found on a mountain.
10.00 **NEW SERIES** **Fatal Fall: Murder or Accident?** The case of Mary Gough, who was found dead at the foot of a staircase.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice** As 9.00pm.
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** The unsolved murder of Sharon Hammack. **3.00** Police use new technology to find who is responsible for a rape.
4.00 **48 Hours** The murders of a millionaire mother and her daughter.
5.00 **Medical Detectives** The truth about an elderly couple's murder. **5.30** A street fight that took the life of a wrestling champion. **6.00** A murder set up to look like a suicide. **6.30** A man vanishes after starting an affair with a friend's wife.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Brit Cops** Documentary.
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did...**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Megan Newton.
10.00 **Catching a Serial Killer: Sam Little**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Forensics: Catching the Killer** New edition
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **The Normans**
9.55 **The Siege of Leningrad**
11.00 **A Cold War of Spies**
12.00 NOON **Dying Democracies – Europe in Decline** As 9.55pm.
1.00 PM **Grand Tours of the Scottish Islands**
1.55 **The Normans**
3.10 **The Siege of Leningrad**
4.15 **A Cold War of Spies**
5.20 **Dying Democracies – Europe in Decline**
6.20 **The Normans**
7.40 **The Siege of Leningrad**
8.50 **A Cold War of Spies**
9.55 **Dying Democracies – Europe in Decline** Strategies being used to destroy democracy.
10.55 **The Siege of Leningrad** The German and Finnish encirclement of the Soviet city.
12.00 M'T **A Cold War of Spies**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Vanessa Redgrave**
8.00 **The Directors**
8.55 **Ghislaine Maxwell: Epstein's Shadow** 3/3. Documentary.
9.50 **Breath of Fire**
11.00 **Lockerbie**
12.00 NOON **Spielberg**
2.50 PM **Good Job: Stories of the FDNY** Documentary.
4.00 **Discovering: Vanessa Redgrave**
5.00 **The Directors**
6.00 **Ghislaine Maxwell: Epstein's Shadow** 3/3. Documentary.
7.00 **I Am Heath Ledger** Celebrating the life and work of the Australian actor.
8.50 **My Icon: Natasha Jonas**
9.00 **I'm Chevy Chase and You're Not** Documentary about the actor and comedian.
11.00 **Belushi** The life story of comedy star John Belushi.
1.00 AM **The Dark Money Game**
3.10 **Albert Brooks: Defending My Life** A profile of the actor, comedian and film-maker.
5.00 **to 6.00** AM **Discovering: Vanessa Redgrave**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Deep Dive Australia**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Evolution Earth**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Dragons and Damsels**
9.00 **Kenya Wildlife Diaries** Rangers try to keep elephants away from the local villages.
10.00 **Great Blue Wild**
11.00 **Uptown Otters**
12.00 M'T **Deep Dive Australia**
1.00 AM **Beasts of the Big Blue**
2.00 **David Attenborough's Dragons and Damsels**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Secrets of the Lost Liners**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Nazi Murder Mysteries**
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Secrets of the Lost Liners**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Nazi Murder Mysteries** The death of Hermann Goering.
8.00 The theories and facts relating to Rudolf Hess's flight to Scotland in 1941.
9.00 **The Other 300: Army of Lovers** Elite Greek army, the Sacred Band, which was formed by the city of Thebes in 379BCE to defend itself from Sparta.
11.00 **Ancient Aliens Special Presentation** The influence of extraterrestrial contact on ancient civilisations.
1.00 AM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** James Fairweather.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files** The case of Lisa Valdez, who was found brutally murdered in her flat.
8.00 **I Knew My Murderer**
9.00 **Murder at the Motel**
10.00 **Last Night Out**
11.00 **Interview with a Killer**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Two wealthy women are found murdered in a van.
2.00 **Murder at the Motel**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska's Grizzly Gauntlet**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Dead By Dawn**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Tampa** The team fight to keep the injured and orphaned manatees alive.
8.00 **The Last Rhinos: A New Hope** Efforts to save the northern white rhinoceros from extinction.
9.00 **Chasing Rhinos** Billy Bush joins a patrol protecting rhinos.
10.00 **Life Below Zero: First Alaskans** Marvin and his nephew hunt for winter fur.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **Combat Dealers: Reloaded**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** A team of robot sleuths roaming Mars on a mission to uncover its secrets.
1.00 PM **NASA's Unexplained Files**
2.00 **In Search of Monsters**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Combat Dealers: Reloaded** Restoring some of the rarest tanks of World War Two.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** A journey through Texas, Oklahoma and New Mexico.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** A Lamborghini crashes and bursts into flames, leaving two passengers with serious injuries.
8.00 After a car being pursued by police crashes, HART come to the aid of an injured passenger.
9.00 A rescue operation is launched after a DIY enthusiast leaves a trap-door open and his partner falls into the cellar.
10.00 On Hull docks, the team are called in after a party of asylum seekers are discovered in a cargo container that arrived on an overnight ferry.
11.00 There's a serious crash in the fog and the team attempt to free a trucker trapped in his cab by metal.
12.00 M'T A biker riding without a helmet crashes, and the team launch a desperate fight to save his life.
1.00 AM **999 Rescue Squad**
5.25 **to 6.00** AM **My Kind of Town**

+1 hour 266 376

ID

154 141 166

8.00 AM **Who Killed Jane Doe?**
9.00 **The Perfect Murder**
11.00 **The Killer in My Family**
12.00 NOON **Murder in the Heartland** Burnt remains found in an abandoned mining pit in Minnesota.
1.00 PM **The Perfect Murder**
3.00 **The Killer in My Family**
4.00 **Murder in the Heartland**
5.00 **Breaking Homicide**
7.00 **Faking It: Tears of a Crime** The murder of 16-year-old Bristol student Becky Watts.
8.00 The case of April Barber, who was murdered at a remote Florida beauty spot.
9.00 **Body Cam** An Ohio officer fights for his life when a suspect overpowers him.
10.00 **911: Did the Killer Call?** After a woman falls to her death in the Rockies, her husband calls 911.
11.00 **Who Killed Biggie and Tupac?**
2.00 AM **Breaking Homicide**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Stormy weather brings down the roof of a stadium.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Downey's Dream Cars**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **Friendship** Comedy. (2025, 15, 100min) ★★★★
8.10 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
9.35 **Karate Kid: Legends** Drama sequel. (2025, 12) ★★★
11.10 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
12.55 PM **28 Years Later** As 8pm.
2.50 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★
5.40 **Sinners** As shown at 11.40pm.

11.40 Sinners

8.00 28 Years Later Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Safe House Thriller with Holt McCallany. Six federal agents, forced into hiding after a terror attack, turn on one another when they suspect the mastermind is one of their own. (2025, 15, 90min)

11.40 Sinners Horror thriller. (2025, 15, 132min) ★★★★
2.00 AM **The Phoenician Scheme** Wes Anderson's comedy. (2025, 15, 101min) ★★★
3.50 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
5.25 **to 7.10** AM **The Wedding Banquet** Comedy drama. (2025, 15, 103min) ★★★

Sky Cinema Science Fiction

303 303 403 503 517

6.00 AM **The Core** As 5.10am.
8.20 **The Last Starfighter** Sci-fi adventure. (1984, PG) ★★★
10.05 **Passengers** (2016, 12) ★★★
12.05 PM **The Matrix Reloaded** Sci-fi action thriller sequel. (2003, 15, 137min) ★★★★
2.25 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
4.10 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
6.00 **Back to the Future** Fantasy. (1985, PG, 115min) ★★★★★

6.00 Back to the Future

8.00 The Matrix Revolutions Sci-fi action thriller sequel starring Keanu Reeves. As the machine army advances on the underground city of Zion, messiah-like hero Neo remains trapped between the Matrix and the machine world. (2003, 15, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Matrix: Resurrections Sci-fi thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson – aka Neo – has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
2.25 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
5.10 **to 7.35** AM **The Core** Thriller. (2002, 12, 135min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **El Dorado** Classic Western. (1966, PG, 126min) ★★★★
8.20 **Golda** As shown at 12.50am.
10.10 **Chuck Chuck Baby** As 2.45am.
12.00 NOON **Dunkirk** War drama. (2017, 12, 106min) ★★★★★
1.55 PM **Dear John** Romantic drama. (2010, 12, 108min) ★★
3.55 **P.S. I Love You** Romantic comedy drama starring Hilary Swank. (2007, 12, 121min) ★★★
6.10 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
8.00 **Legends of the Fall** Drama set in early 20th-century Montana starring Brad Pitt, Anthony Hopkins and Aidan Quinn. (1994, 15, 133min) ★★★★
10.25 **American Sniper** Biopic based on the experiences of Iraq War veteran Chris Kyle, directed by Clint Eastwood and starring Bradley Cooper and Sienna Miller. (2014, 15, 127min) ★★★★
12.50 AM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
2.45 **Chuck Chuck Baby** Musical drama starring Louise Brealey. (2023, 15, 101min) ★★★★
4.40 **to 6.50** AM **Pawn Sacrifice** Drama starring Tobey Maguire. (2014, 12, 115min) ★★★★

Sky Cinema Horror

311 311 411 511 525

7.15 AM **Arcadian** As 2.10am.
9.00 **It Feeds** As shown at 12.20am.
10.55 **Tarot** As shown at 3.45am.
12.40 PM **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
2.30 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★
4.25 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
6.20 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
8.00 **Blade 2** Action horror sequel starring Wesley Snipes. Half-human/half-vampire hybrid Blade battles a new breed of evil blood-suckers who prey on both vampires and humans. (2002, 18, 117min) ★★★★
10.00 **It** Adaptation of the Stephen King chiller, starring Bill Skarsgård, Jaeden Lieberher and Sophia Lillis. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
12.20 AM **It Feeds** Horror chiller. (2025, 15, 102min) ★★★
2.10 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
3.45 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
5.25 **to 7.00** AM **Die Alone** Horror. (2024, 15, 91min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Grow** Family comedy. (2025, PG, 107min) ★★★★
8.00 **Monster Trucks** As 11.45pm.
10.00 **The Karate Kid: Part III**
12.05 PM **Jumanji** Comic fantasy. (1995, PG, 104min) ★★★★
2.05 **The Smurfs** Family adventure. (2011, U, 103min) ★★
4.00 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
6.00 **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★

8.00 The Portable Door

8.00 The Portable Door Fantasy adventure starring Christoph Waltz and Sam Neill. Two interns eventually discover the true agenda of the corporation where they work. With Patrick Gibson and Sophie Wilde. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Paul Blart: Mall Cop Comedy starring Kevin James. An overweight security guard becomes an unlikely hero when a gang targets his mall's bank. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
1.45 AM **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
3.35 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
5.35 **to 7.25** AM **The Next Karate Kid** Adventure sequel. (1994, PG, 104min) ★★

Sky Cinema Action

307 307 407 507 521

7.25 AM **Batman Forever** Adventure. (1995, 12) ★★★
9.30 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
12.20 PM **Rumble in the Bronx** Comedy. (1996, 15) ★★★
1.55 **Batman & Robin** Adventure. (1997, PG, 125min) ★★
4.00 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★
6.00 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★

10.30 Batman

8.00 The Amazing Spider-Man 2 Superhero adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Jamie Foxx and Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Batman Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. (1989, 15, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
3.00 **Shenandoah** Western. (1965, PG, 101min) ★★★★
4.50 **Sky Cinema Preview**
5.25 **to 8.25** AM **The Good, the Bad and the Ugly** Western. (1966, 15, 155min) ★★★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
8.30 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★
10.30 **Arthur** (1981, 15) ★★★★
12.20 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.05 **Psycho Therapy** Comedy drama. (2024, 15) ★★★★
3.50 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
5.50 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★

5.50 The Terminal

8.00 Bridget Jones: Mad About the Boy Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget once enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 How to Lose a Guy in 10 Days Romantic comedy starring Kate Hudson and Matthew McConaughey. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Alfie** Comedy drama remake starring Jude Law (2004, 15, 106min) ★★★
2.00 **National Security** Comedy. (2003, 12, 88min) ★
3.35 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
5.20 **to 6.50** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **The Dry** Crime drama. (2020, 15, 117min) ★★★★
8.30 **Force of Nature: The Dry 2** Thriller. (2024, 15) ★★★
10.25 **The Godfather Part II** Francis Ford Coppola's epic sequel. (1974, 18, 200min) ★★★★★
1.45 PM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
3.45 **The Hunt for Red October** Thriller. (1990, PG) ★★★★
6.05 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★

6.05 Speak No Evil

8.00 RocknRolla Guy Ritchie's crime comedy thriller starring Gerard Butler, Tom Wilkinson and Thandie Newton. Two East End crooks trigger a feud between a London crime boss and a Russian mobster. With Mark Strong. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Pulp Fiction Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
2.40 **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131min) ★★★
5.00 **to 6.45** AM **The Surfer** Thriller. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
12.40 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
2.35 **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
4.40 **The Black Shield of Falworth** Medieval adventure. (1954, U, 99min) ★★
6.40 **Lion** Fact-based drama with Dev Patel and Nicole Kidman. (2016, PG, 113min) ★★★★

6.40 Lion

Lion (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 L.A. Confidential Crime thriller starring Russell Crowe, Guy Pearce and Kevin Spacey. In early 1950s Los Angeles, an ambitious police detective and a thuggish cop join forces to solve a complex murder case. (1997, 18, 138min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **No Exit** Thriller starring Havana Rose Liu. Stranded at an isolated highway rest stop in the mountains, a college student discovers a kidnapped child hidden in a car. (2022, 15, 95min) ★★★
1.35 **to 3.35** AM **Blackbird** Drama starring Susan Sarandon, Sam Neill and Kate Winslet. (2019, 15, 97min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Blockbusters

302 302 402 502 516

6.00 AM **The Fall Guy** As 2.00am.
8.15 **Troy** Epic drama starring Brad Pitt. (2004, 15, 163min) ★★★
11.00 **Sonic the Hedgehog 3** Fantasy sequel. (2024, PG, 110min) ★★★
12.55 PM **Dune: Part Two** Sci-fi drama with Timothée Chalamet. (2024, 12, 166min) ★★★★★
3.40 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
5.50 **Jurassic World** Adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
8.00 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. (2008, PG, 108min) ★★★★
10.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★
12.00 M'T **The Golden Compass** Fantasy starring Nicole Kidman. (2007, PG, 109min) ★★★
2.00 AM **Sonic the Hedgehog 3** (2024, PG, 110min) ★★★
3.55 **Cinema List: Family Favourites**
4.10 **to 6.10** AM **Twister** Disaster drama. (1996, PG, 114min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.10 AM **Hondo** Vintage Western. (1953, PG, 84min) ★★★★
7.50 **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
10.15 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
11.50 **Mad Max 2** Thriller sequel. (1981, 18, 95min) ★★★★
1.30 PM **Mad Max Beyond Thunderdome** Futuristic thriller sequel. (1985, 15, 107min) ★★★
3.20 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
5.05 **The Godfather** Francis Ford Coppola's gangster epic starring Marlon Brando and Al Pacino. (1971, 15, 167min) ★★★★★
8.00 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino. (1974, 18, 200min) ★★★★★
11.25 **The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster saga. (1990, 15, 162min) ★★★★
2.30 AM **The Running Man** Sci-fi action adventure starring Arnold Schwarzenegger. (1987, 18, 101min) ★★★
4.25 **to 6.55** AM **Waterworld** Sci-fi action adventure starring Kevin Costner and Dennis Hopper. (1995, 12, 134min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.10 AM **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
8.40 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
10.35 **Scarygirl** As shown at 12.10am.
12.20 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
2.20 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
4.00 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
5.50 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
7.30 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
8.55 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
10.35 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
12.10 AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
1.45 **Teen Titans Go! to the Movies**
3.15 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
4.45 **to 6.10** AM **Open Season 2**

Movies 24

312 313 419

7.00 AM **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
9.00 **Journey to You** Romantic drama. (2025, PG, 84min) ★★
11.00 **Mystery Island: Winner Takes All** Crime drama. (2025, PG) ★★
1.00 PM **Love On Your Doorstep** Romance starring Stephanie Bennett. (2023, PG, 86min) ★★
3.00 **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★
5.00 **Savoring Paris** Romantic drama starring Bethany Joy Lenz. (2024, PG, 90min) ★★
7.00 **The Magic of Lemon Drops** Romantic fantasy starring Lyndsy Fonseca and Ian Harding. (2024, PG, 84min) ★★
9.00 **Dare to Say Yes** Romance starring Amy Douglass and Jordan Sanders. A woman recovering from getting fired and dumped on the same day finds a new lease of life on an island retreat. (2023, PG, 87min) ★★
11.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
1.00 AM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Home to Danger** Mystery. (1951, b/w, PG, 67min) ★★
7.20 **Look at Life**
7.35 **The Piper's Tune** Adventure. (1962, b/w, PG, 62min) ★★★
8.50 **Dr Morelle: The Case of the Missing Heiress** Mystery. (1949, b/w, PG, 73min) ★★★
10.20 **To Dorothy a Son** Comedy starring Shelley Winters. (1954, b/w, PG, 79min) ★★★
12.00 NOON **Don't Say Die** Comedy. (1950, b/w, U, 72min) ★★★
1.10 PM **Sherlock Holmes: Terror by Night** Mystery. (1946, U) ★★
2.25 **The Brothers** 4/16. (S7)
3.30 **Trafic** Comedy. (1971, PG) ★★★
5.20 **Do You Know This Voice?** Mystery. (1964, b/w, PG) ★★★
6.50 **Strange But True**
7.25 **Scotland Yard** 15/39. (S1)
8.00 **Van der Valk** 1/4. (S4)
10.10 **Love and Pain and the Whole Damn Thing** Romantic comedy. (1972, PG, 110min) ★★
12.25 AM **Let No Man Write My Epitaph** Crime drama. (1961, b/w, 18, 105min) ★★★
2.35 **Black Velvet Band** Historical drama starring Nick Berry
4.40 **The Smart Aleck** Mystery. (1951, b/w, PG, 58min) ★★★
5.50 **to 6.00** AM **Look at Life**

WEDNESDAY Sport 7 January

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage of the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open, and ATP Hong Kong Open.
3.30 PM **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show**
6.00 **LIVE Premier League Fulham v Chelsea.** Coverage of the top-flight match staged at Craven Cottage. Joao Pedro headed the opening goal in the ninth-minute of first-half injury time in the reverse fixture at Stamford Bridge, and Enzo Fernandez scored a second-half penalty to seal a 2-0 victory. Kick-off **7.30pm**.
11.00 **A League of Their Own** Game show hosted by Romesh Ranganathan, with guests Laura Kenny, Big Zuu and Tony Bellew.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage of the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Stories**
8.30 **Premier League Highlights**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
1.30 **Netbusters** Recent action.
2.00 **Premier League Years**
4.00 **Netbusters** Recent action.
4.30 **Premier League Highlights** Action from West Ham United v Nottingham Forest.
5.00 **The Premier League Show**
6.00 **LIVE Premier League Burnley v Manchester United.** Coverage of the top-flight match from Turf Moor, as the teams meet for the second time this season. Kick-off **8.15pm**.
11.00 **Premier League Highlights** Action from Manchester City v Brighton & Hove Albion.
11.30 Fulham v Chelsea.
12.00 M'T Burnley v Manchester United staged at Turf Moor.
12.30 AM **Premier League Highlights**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Highlights**
2.00 PM **SPFL Highlights**
2.15 **EFL Highlights**
3.45 **SPFL Highlights**
4.00 **EFL Highlights**
6.00 **LIVE Premier League Manchester City v Brighton & Hove Albion.** Coverage of the Premier League match from the Etihad Stadium. Erling Haaland put the Citizens 1-0 on his 100th top-flight appearance when the teams met in the reverse fixture last August, a lead which lasted until the 67th minute when James Milner equalised from the penalty spot, which was followed by Brajan Gruda coming off the bench to score an 89th-minute winner for the Seagulls. Kick-off **7.30pm**.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **Craig Brown: My Scotland**
2.30 **Jimmy Glass: The Great Escape**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Perth Scorchers v Melbourne Renegades.** Coverage of the T20 match at Optus Stadium.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Highlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Durban Super Giants v Pretoria Capitals.** Coverage of the match staged at Kingsmead Cricket Ground.
7.00 **LIVE Premier League Newcastle United v Leeds United.** Coverage of the top-flight match staged at St James' Park. Kick-off **8.15pm**.
11.00 **Best of England v South Africa**
11.15 **Best of ICC WT20**
11.30 **SA20** Action from Durban.
12.30 AM **Big Bash League**
1.30 **SA20** Action from Centurion.
3.30 **Big Bash League**
4.30 **Best of England v South Africa**
4.45 **Best of ICC WT20**
5.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Golf Highlights**
6.30 **Ladies European Tour Golf**
10.30 **LPGA Tour Golf**
4.00 PM **TGL** The Bay v Atlanta Drive.
6.00 **LIVE Premier League Bournemouth v Tottenham Hotspur.** Coverage of the top-flight match from the Vitality Stadium. An early goal from Evanilson was enough to give the Cherries a 1-0 win in the reverse fixture last August, and while the scorelines suggests it was a narrow victory, Andoni Iraola's side were dominant throughout and well worth the three points. Kick-off **7.30pm**.
11.00 **2025 PGA Tour Year in Review**
12.00 M'T **Ryder Cup – Official Films**
1.00 AM **Ladies European Tour Golf**
4.00 **The Open – Official Films**
5.00 **to 6.00** AM **Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage of the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open, and ATP Hong Kong Open.
3.30 PM **ATP Tennis** Shanghai Masters.
3.45 **Bitesize Tennis** Beijing Open.
4.00 **WTA & ATP Tennis**
6.00 **LIVE Premier League Everton v Wolverhampton Wanderers.** Coverage of the top-flight match at Hill Dickinson Stadium. Kick-off **7.30pm**.
11.00 **ATP Tennis** Paris Masters final.
11.15 **WTA Tennis** Wuhan Open final.
11.30 **ATP Tennis** Miami Open final.
11.45 **WTA Tennis** Action from the Dubai Tennis Championships final.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the United Cup, WTA & ATP Brisbane Open, WTA Auckland Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE The Ashes Australia v England.** Coverage of day four of the series-concluding fifth Test held at Sydney Cricket Ground.
7.30 **Premier League Stories**
8.00 **Classic Premier League**
10.00 **The Ashes** Australia v England.
11.00 **Fishing: On the Bank**
12.00 NOON **Serie A**
1.00 PM **The Ashes** Australia v England.
2.00 **Isuzu UTE A-League Highlights**
2.30 **Classic Premier League**
4.30 **Premier League Stories** The rise of Tottenham Hotspur defender Micky van de Ven.
5.00 **Premier League: Big Interview**
5.30 **The Ashes** Australia v England.
6.30 **Serie A** Sassuolo v Juventus.
7.30 **LIVE Serie A Parma v Inter Milan.** Coverage of the Italian top-flight match staged at Stadio Ennio Tardini. Kick-off **7.45pm**.
9.45 **Kenny Allstar's Number 1's**
10.00 **The Ashes** Australia v England: Action from day four of the fifth Test at Sydney Cricket Ground.
11.00 PM **to 6.00** AM **LIVE The Ashes Australia v England.** Coverage of the fifth and final day of the series-concluding fifth Test staged at Sydney Cricket Ground.

TNT Sports 2

411 414 522 409 431

6.00 AM **The Emirates FA Cup**
2.00 PM **Longines FEI Jumping World Cup** Action from Mechelen in Belgium.
3.00 **Ski Jumping World Cup**
4.30 **LIVE Alpine Skiing** Coverage of run one of the men's slalom in the latest meeting of the season from Madonna di Campiglio, Italy.
6.15 **The Gallagher PREM – The Wrap Up** A look back at all of the biggest stories and best action.
6.30 **Fishing: On the Bank** Angling magazine show presented by Rob Hughes and Andy Ford.
7.30 **LIVE Alpine Skiing** Coverage of run two of the men's slalom in the latest meeting of the season from Madonna di Campiglio, Italy.
8.45 **Tom Daley: 1.6 Seconds** Tom Daley's journey from Olympic prodigy to national treasure.
10.30 **Classic Premier League** The top goals from the 2015/16 season.
11.30 **Premier League Legends** A profile of former Manchester United striker Ruud van Nistelrooy.
12.00 M'T **Alpine Skiing** From Italy.
1.00 AM **Serie A** Parma v Inter Milan.
2.00 **to 6.00** AM **Adobe Women's FA Cup**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Bitesize Highlights** Action from four week 18 matches.
4.00 **NFL Highlights** Featuring action from a week 18 match.
5.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
7.00 **LIVE Premier League Brentford v Sunderland.** Coverage of the top-flight match staged at Gtech Community Stadium, as the teams meet for the second time this season. The Black Cats scored two late goals to claim all three points in the reverse fixture at The Stadium of Light, with an 82nd-minute penalty from Enzo le Fee and 96th-minute Wilson Isidor header resulting in a reversal of fortunes after Igor Thiago had given the Bees the lead. Kick-off **7.30pm**.
11.00 **The Runway** Behind the scenes with the New York Jets.
11.45 **NFL Bitesize Highlights**
12.00 M'T **The Insiders** The latest news.
1.00 AM **NFL Bitesize Highlights**
2.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.30 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Analysis.
4.00 **The Transfer Show**
4.30 **Sports Desk** Analysis.
5.00 **The Premier League Show**
6.00 **LIVE Premier League** Stay across the goals and key moments with simultaneous coverage of the midweek matches in the top flight.
9.45 **Gillette Labs Soccer Special** The full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts from the games.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News** With live analysis, comment and extended interviews with headline-makers.
12.00 M'T **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
9.00 **The Open – Official Films**
11.00 **NFL Highlights**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Recent action.
2.00 **PL Greatest Games**
3.00 **World Darts Championship**
4.00 **PL Retro** Liverpool v Chelsea.
6.00 **Big Bash League** Adelaide Strikers v Sydney Thunder.
7.00 **SA20** Highlights from MI Cape Town v Joburg Super Kings.
8.00 **World Darts Championship**
10.00 **SA20** Action from Pretoria Capitals v Sunrisers Eastern Cape.
11.00 **Ladies European Tour Golf**
12.00 M'T **PL Greatest Games**
1.00 AM **NFL Highlights**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **MLB** Toronto Blue Jays v Los Angeles Dodgers in games one and two of the World Series.
12.00 NOON **MLB** Los Angeles Dodgers v Toronto Blue Jays in games three and four of the World Series.
5.15 PM **WRC: More Than Machine**
6.00 **TNT Sports Reload**
6.30 **Ultimate Pool** Group One of the Champions League.
8.00 **LIVE Freestyle Skiing** Coverage of the second day of the men's and women's aerials in the latest round of the season from Lac Beauport, Canada.
9.00 **Dakar Rally Saudi Arabia** Action from the fourth stage.
10.00 **WRC: More Than Machine**
10.45 **TNT Sports Reload**
11.00 **MotoGP Classics** Archive action.
2.00 AM **Snooker Xi'an Grand Prix** Highlights from the 2025 final.
4.00 **to 6.00** AM **Snooker: Northern Ireland Open**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Sassuolo v Juventus.
7.00 **Ski Jumping World Cup**
8.00 **Isuzu UTE A-League Highlights**
8.30 **Ninja A-League Women Hlts**
9.00 **MotoGP Classics** Archive action.
12.00 NOON **Snooker Xi'an Grand Prix** Action from the 2025 final.
2.00 PM **Snooker: Northern Ireland Open** Action from the final staged at Waterfront Hall in Belfast.
4.00 **MotoGP Classics**
7.00 **The Gallagher PREM** Highlights of Bristol Bears v Sale Sharks.
8.00 Action from Newcastle Red Bulls v Gloucester.
9.00 Bath v Exeter Chiefs.
10.00 Highlights from Northampton Saints v Harlequins.
11.00 Highlights from Leicester Tigers v Saracens.
12.00 M'T **UFC: The Ultimate Fighter**
2.00 AM **UFC Reloaded**
4.30 **UFC Fight Flashback**
5.00 **to 6.00** AM **Premier League Legends**

Premier Sports 1

419 551

6.00 AM **Top 14 Rugby Union**
8.00 **Sporting Greats**
8.30 **NHL Ice Hockey**
10.30 **URC in 60** The ninth round.
11.30 **Scottish Football Social Club**
12.30 PM **LaLiga Match Highlights**
2.00 **NHL on the Fly** NHL news.
3.00 **Top 14 Rugby Union Highlights**
3.30 **Sporting Greats**
4.00 **LaLiga** Real Madrid v Real Betis.
6.00 **United Rugby Championship** A replay of Benetton v Edinburgh.
8.00 **Women's Football Weekly** A look at the latest news.
8.30 **United Rugby Championship** Glasgow Warriors v Zebre Parma.
10.30 **LaLiga** Sevilla v Levante.
12.30 AM **NHL Ice Hockey** A replay of Seattle Kraken v Boston Bruins.
2.30 **LIVE NHL Ice Hockey Chicago Blackhawks v St Louis Blues.** Coverage of the Western Conference match staged at United Center. Face-off **2.30am**.
5.30 **to 6.00** AM **NHL Specials**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **NHL Ice Hockey** Toronto Maple Leafs v Florida Panthers.
10.00 **Champions Cup** A chance to see Glasgow Warriors v Toulouse.
12.00 NOON **FastZone** Motorsports.
12.30 PM **Bike World** Magazine.
1.00 **Champions Cup**
3.00 **Temples of Sport**
4.00 **Top 14 Rugby Union**
6.00 **FastZone** Motorsports highlights.
6.30 **Football's Greatest**
7.30 **Champions Cup** Another chance to see Stormers v La Rochelle.
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey** Toronto Maple Leafs v Florida Panthers.
12.00 M'T **LIVE NHL Ice Hockey Washington Capitals v Dallas Stars.** Coverage of the inter-conference match from Capital One Arena. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Season highlights.
7.00 **F1 Classic Races** Archive action.
1.35 PM **Formula 1** A chance to see the 2018 German Grand Prix.
3.45 **Formula 1** A chance to see the 2021 Sao Paulo Grand Prix.
6.00 **LIVE Premier League Crystal Palace v Aston Villa.** Coverage of the top-flight match staged at Selhurst Park. Kick-off **7.30pm**.
11.00 **Formula 1** A chance to see the 2014 Abu Dhabi Grand Prix.
1.25 AM **F1 Explained: Pit Lane Battle** With Bernie Collins.
1.30 **Carlos Sainz & the Lie Detector**
1.45 **Brad Pitt Drives a McLaren F1**
2.00 **to 6.00** AM **Formula 1**

Thursday

8 January

Evening Planner

Travelogue

Spain with Michael Portillo

5, 8pm

Michael discovers some Spanish hidden gems in this new travel series, starting in the Catalan capital of Barcelona.

Documentary

Britain's Favourite Railway Stations

More4, 9pm

Si King explores the rail network to learn stories of some of the 2,600+ stations.

OnDemand

Paramount+

Girl Taken

Available today

A young woman, Lily (Tallulah Evans), escapes her captor of five years, but struggles to adjust to the outside world in this thriller.

OnDemand

NETFLIX

His & Hers

Available today

Det Jack Harper (Jon Bernthal) has to juggle a murder case with the return of his estranged wife in this thriller.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Traitors		9.05 The Traitors...	9.30 Black Ops	10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Earth's Great Rivers II		9.00 Rob and Rylan's Grand Tour		10.00 What We Do...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Live Well with the Drug-Free Doctor		9.00 Patience		10.00 24 Hours in A&E	
	105 5	7.00 The 1970s Diet: Could It Work For You?		8.00 Spain with Michael Portillo		9.00 The Trial of Michael Jackson			
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Film: The Mechanic			
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Film: Lara Croft: Tomb Raider			9.20 Film: Absolutely Fabulous: The Movie			
	116 BBC4	7.00 Yorkshire...	7.30 Pubs, Ponds...	8.00 Film: The Guns of Navarone					10.30 Film: Eagle...
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 TikTok: Murder Gone Viral		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Britain's Favourite Railway Stations...		10.00 Secrets of Flying Scotsman	
	135 E4	7.00 The Simpsons		8.00 Billion Pound Cruise		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 The Equalizer		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	◂ 6.40 Open...	7.20 Dad's Army	8.00 The Good Life			9.55 Not Going Out		10.30 The Good Life
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 Ice Road Truckers		9.00 Film: First Blood			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Kevin & Perry Go Large			10.40 Jimmy...
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX		7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks	9.00 Evil			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Allegiance		10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Sissy Spacek		9.00 Film: Sabrina			
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Pete Wicks: For Dogs' Sake		9.00 Louis Theroux: Extreme Love...		10.00 Louis Theroux: Gambling in Las Vegas	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour				9.00 Marooned with Ed Stafford		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Billy	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Toronto Airport Uncovered		9.00 Hindenburg: The New Evidence		10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Black Death Patient Zero		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	◂ 6.00 Elvis Presley: The Searcher		8.00 Elvis Presley: The Searcher				10.00 Film: Robin Williams: Come Inside My...	
FILMS - Sky Cinema	301 PREMIERE	◂ 5.40 Sinners		8.00 28 Years Later				10.00 Mission: Impossible – The Final...	
	302 BLOCKBUSTERS	◂ 6.00 Mamma Mia! Here We Go Again		8.00 Wicked					
	303 SCIENCE FICTION	◂ 6.10 Back to the Future Part II		8.00 Dune: Part Two					
	304 GREATS	◂ 5.35 The Day of the Jackal		8.00 Dirty Harry				10.00 A Clockwork Orange	
	305 ANIMATION	◂ 5.45 Wallace...	7.25 Rango			9.15 Madagascar			
	306 FAMILY	◂ 6.00 Pokemon: Detective Pikachu	7.50 IF				9.40 The Tiger Rising		
	307 ACTION	◂ 5.50 300		8.00 2012					
	308 COMEDY	◂ 6.00 White Chicks		8.00 Ted			9.50 Ted 2		
	309 THRILLER	◂ 6.00 Ocean's Eight		8.00 Murder by Numbers				10.15 Hannibal	
	310 DRAMA	◂ 6.15 The Boy in the Striped Pyjamas		8.00 Little Women				10.00 The Holiday	
	311 HORROR	◂ 6.10 Until Dawn		8.00 Gremlins 2: The New Batch				10.00 Nosferatu	
	313 FILM4	◂ 6.45 Instant Family				9.00 The Frighteners			
SPORT	401 MAIN EVENT	7.00 Premier League – Live: Arsenal v Liverpool (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 Premier League – Live: Arsenal v Liverpool (Kick-off 8.00)							
	403 FOOTBALL	7.00 EFL Highlights			8.30 EFL Goals		9.30 EFL Cup Highlights		10.30 EFL Highlights
	405 CRICKET	7.00 Big Bash League		8.00 SA20					
	410 TNT SPORTS 1	7.00 The Football Archives		8.00 Serie A				10.00 Big Interview	10.30 The Ashes
	411 TNT SPORTS 2	7.00 Fishing: On the Bank		8.00 Ultimate Pool			9.30 PL Legends	10.00 The Emirates FA Cup	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Scams** New edition A community blighted by doorstep rogues. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Lost treasures. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition A man whose house is full of his late mum's treasures. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Black Ops

7 PM

7.00 **The One Show** Angellica Bell and JB Gill present the topical show. (S)
7.30 **EastEnders** Priya, Vinny and Nugget search for Ravi, while Linda hears some home truths about her past behaviour. (S)(AD)

8 PM

8.00 **The Traitors** New edition 5/12. The players arrive at breakfast keen to share their thoughts on the Traitors' gameplay. With a mission based on protection from murder, true intentions are laid bare. (S)(AD)
■ Continues tomorrow

9 PM

9.05 **The Traitors: Uncloaked** New edition 5/12. Ed Gamble and his guests discuss the latest developments. (S)(AD)
9.30 **NEW SERIES Black Ops** 1/6. The comedy thriller returns. Dom and Kay's friendship is tested to the limits. (S2) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM The Hunger Games: Catching Fire** Fantasy adventure sequel based on the best-selling novel by Suzanne Collins, starring Jennifer Lawrence. A plucky teenager sparks flames of rebellion in a totalitarian future nation but is forced to fight for life in another televised contest. With Josh Hutcherson, Liam Hemsworth, Woody Harrelson, Elizabeth Banks and Philip Seymour Hoffman. (S) (2013, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Lost and Found in the Lakes**
6.30 **Garden Rescue** (S)(R)
7.15 **I Escaped to the Country** (S)(R)
8.00 **Sign Zone: Rick Stein's Australia**
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **The Manor Reborn** (S)(R)(AD)
3.15 **Hidden Treasures of the National Trust** (S)(R)(AD)
4.15 **Natural World: Puerto Rico – Island of Enchantment** (S)(R)(AD)
5.15 **Flog It!** From Oxford. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Huge Davies, Amy Dowden, Humphrey Ker and Jamie-Lee O'Donnell. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson joins singer KT Tunstall in Fife. (S)(AD)

10.00 What We Do in the Shadows

7.00 **Celebrity Antiques Road Trip** Choirmaster Gareth Malone and saxophonist YolanDa Brown visit Edinburgh and Fife, each with £400 to buy antiques that will hopefully ring up some big profits at auction. With David Harper and Raj Bisram. (S)(R)

8.00 **Earth's Great Rivers II** Following the journey of the Zambezi, Africa's wildest river, which floods across endless plains, fuelling the migration of 30,000 wildebeest, turning villages into islands accessible only by boat. (S)(R)(AD)

9.00 **Rob and Rylan's Grand Tour** 1/3. Rob Rinder and Rylan Clark enjoy the culture of Europe, starting in Venice, where Rob conducts an orchestra and Rylan discovers the hidden side of the city's famous carnival. (S)(R)(AD)

10.00 **NEW SERIES What We Do in the Shadows** *The Return of Jerry:* 1/11. Return of the vampire comedy. (S6) (S)
10.25 **Natural World: Raising Sancho** (S)(R)
10.30 **Newsnight** (S)

11.00 **Lucy Worsley's Victorian Murder Club** 1/3. The case of a serial killer who was never caught. (S)(R)(AD)
12.00 M'T **FILM Tár** Drama starring Cate Blanchett. When accusations surface about a conductor and a graduate of her academy, every aspect of the tutor's life comes under scrutiny. With Nina Hoss. (S)(AD) (2022, 15, 155min) ★★★★
2.35 AM **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
3.05 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his team are in Coventry, where a silver claret jug by a famous maker causes plenty of excitement. (S)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Simi takes on the Banker for the chance to win a life-changing prize. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Grantchester

7.30 **Millionaire Hot Seat** New edition Six new contestants face Jeremy Clarkson as they race against the clock, answering questions, hoping to work their way up the Money Ladder. (S)
■ Continues tomorrow

8.00 **Emmerdale** Paddy receives bad news, and Moira is left in shock. (S)(AD)
8.30 **Coronation Street** The police investigation progresses, with one resident finding themself under arrest and facing charges. (S)

9.00 **Grantchester** New episode A death at the university plunges Geordie and Alphy into a world of academic adversaries, while Alphy encounters a complication in his romantic life. (S10) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Essex Millionaire Murders** Documentary looking into the murders of Carol and Stephen Baxter in 2023. (S)(R)

11.35 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.00 M'T **Teleshopping**
3.00 AM **Riches** 4/6. Eager to remove Nina from the business, Claudie goes out of her comfort zone in a bid for shareholder votes, while Andre makes good on his promise and finds an investor for Claudie. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 12-14/26. (S5) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S7) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Emily and Dave attempt to keep the tills ringing at their new pub in France. (S)
5.00 **Junior Bake Off** New edition The hopefuls try to perfect meringues in the Technical challenge. (S)(AD)
6.00 **A Place in the Sun** New edition A woman looks for a holiday home in the French countryside of Limousin that one day she can move to permanently. (S)

8.00 Live Well with the Drug-Free...

7.00 **News** (S)

8.00 **NEW Live Well with the Drug-Free Doctor** Dr Rangan Chatterjee investigates the nation's dependence on long-term prescribed medication to see if alternative routes can benefit people better. (S)(AD)

9.00 **Patience** New episode *Murder in the Minster:* 2/8. Frankie and Patience are thrust into the world of classical music when a music student and her professor are found dead. (S2) (S)(AD)
■ Entire series on C4 streaming

10.00 **24 Hours in A&E** A 46-year-old woman attends with serious head and chest injuries following a car crash, while a 54-year-old man arrives after falling off his bike on his way to buy a helmet. (S)(R)(AD)

11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **The Murder of Laci Peterson** 3/6. Documentary examining the case of a missing woman. (S)(R)
12.55 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
1.45 **The Great Pottery Throw Down** Making a soup set. (S)(SL)(R)(AD)
3.05 **Know Your S**t: Inside Our Guts**
4.00 **Couples Come Dine with Me** (R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** 4/6. Albert Gilbert is left unconscious by robbers when a rare painting is stolen from his home. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Andy and fiancée Becky return to Benidorm in hope of finding the perfect wedding spot. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Featuring tales of entertaining at royal residences. (S)(R)
6.55 **News** (S)

9.00 The Trial of Michael Jackson

7.00 **The 1970s Diet: Could It Work for You?** Series finale 2/2. Josie joins a disco-inspired dance class that soared in popularity across the decade. (S)
7.55 **News** (S)

8.00 **NEW SERIES Spain with Michael Portillo** 1/8. The presenter reveals spots the Spanish have kept to themselves, starting with a lesser-known Barcelona, far from the tourist crowds. *See feature, page 20.* (S)

9.00 **NEW The Trial of Michael Jackson** Documentary examining the singer's trial that took place in Santa Barbara County in California and gripped the world for four months. (S)

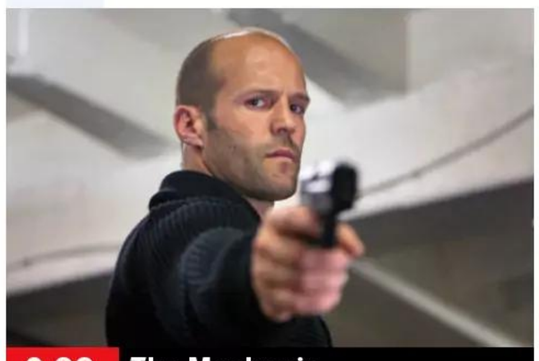
10.35 **FILM The Fugitive** Thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (S) (1993, 15, 145min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **PlayOJO Live Casino Show**
3.00 **Your Dream Kitchen for Less** Mark Millar helps couples in Wales and Yorkshire. (S)(R)
3.50 **Friends** Sitcom. (S)(R)
4.35 **The Wonderful World of Chocolate** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **S.W.A.T.** 13/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *Fatzcarraldo:* Lisa attempts to save her school radio station. (S)(R)
5.30 *Trust But Clarify:* Marge helps Homer to dress for a promotion. (S)(R)
6.00 **The Office (US)** 3/25. Andy discovers he may be a relative of Michelle Obama. (S)(R)
6.30 4/25. Dwight rents a bus as temporary work space for the staff. (S9) (S)(R)



9.00 The Mechanic

7.00 **The Simpsons** *The Cad and the Hat:* Bart's guilt gets the better of him after he betrays Lisa. (S)(R)
7.30 *Kamp Krustier:* A traumatic incident forces Bart and Lisa to return early from Kamp Krustier. (S)(R)

8.00 **UFO** 1/4. Documentary exploring people's fascination with unidentified flying objects and the influence the US government and the military may have in shielding the truth. (S)(R)(AD)

9.00 **FILM The Mechanic** Action thriller starring Jason Statham, Ben Foster and Donald Sutherland. A professional assassin goes on a very personal mission to avenge the murder of his friend and mentor, but the situation is complicated when his estranged son turns up wanting a piece of the action. With Tony Goldwyn and Mini Anden. (S) (2011, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Curb Your Enthusiasm** 3/10. Larry realises he has a chance to win Cheryl back by organising a *Seinfeld* reunion. (S)(R)
11.40 4/10. Larry persuades his doctor to give him his home number. (S7) (S)(R)
12.15 AM **The Force: Manchester** (R)
2.05 **Brit Cops: Frontline Crime UK**
3.00 **S.W.A.T.** 13/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Animal Park (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **3.00-3.45pm** Bargain Hunt (S)(R)(AD) **12.55am** Scotcast (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW Kegworth: Flight to Disaster (S) **11.40** FILM The Hunger Games: Catching Fire (S) (2013, 12, 135min) ★★★★ **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Confessions of a Steroid Gang (S)(R) **11.10** FILM The Hunger Games: Catching Fire: As N. Ireland. **1.25-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30** The Hairy Bikers' Asian Adventure (S)(R) **8.00-9.00pm** Celebrity Antiques Road Trip (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Dan Do **1.15** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Geraint Thomas: y Daith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwlad y Basg: Gwilym Bowen Rhys **6.30** Clwb Rygbi: Super Rygbi Cymru **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Byd yn ei Le **9.45** Cymry ar Gynfas **10.15** NEW Teth **10.35** Cynefin **11.35pm-12.05am** Cymru ar Gyffuriau

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Man Ray rents Squidward's house for the weekend.
7.15 Larry the Lobster is put in charge of the Krusty Krab.
7.30 **FILM Lara Croft: Tomb Raider** Fantasy adventure starring Angelina Jolie, Jon Voight and Iain Glen. (2001, 12, 100min) ★★★★
9.05 **SpongeBob SquarePants** The Flying Dutchman wants to scare Spongebob.
9.20 **FILM Absolutely Fabulous: The Movie** Comedy spin-off starring Joanna Lumley and Jennifer Saunders. (2016, 15, 91min) ★★★
10.50 **NEW SERIES RuPaul's Drag Race UK vs the World** 1/6. The global glamazons stage their own royal command performance.
12.05 AM New edition 2/6. *RuPaul's Drag Race* alumni compete, while Richard E Grant joins in the fun.
1.20 **Smoggie Queens**
3.50 **to 3.55** AM **Corey Baker's Dance Race**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Yorkshire Wolds Way with Paul Rose** 1/2. Exploring one of Britain's lesser known walking trails.
7.30 **Pubs, Ponds and Power: The Story of the Village** The history of Lavenham.
8.00 **FILM The Guns of Navarone** World War Two adventure starring Gregory Peck and David Niven as commandos on a daring mission to destroy German guns in a seemingly impenetrable fort on an island in the Aegean. (1961, PG, 150min) ★★★★
10.30 **FILM The Eagle Has Landed** World War Two thriller with Michael Caine and Donald Sutherland. (1976, 15, 117min) ★★★★
12.40 AM **Culloden**
1.50 **Britain's Lost Waterlands: Escape to Swallows and Amazons Country**
2.50 **Yorkshire Wolds Way with Paul Rose**
3.20 **to 3.50** AM **Pubs, Ponds and Power: The Story of the Village**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple choose homes in Ipswich and Perpignan, France.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw fix up an iconic 1989 VW Golf for a man who was left disabled after a tragic road accident.
6.55 **Car S.O.S** Fuzz and Tim restore a Triumph TR7.
7.55 **The Dog House** An 11-year-old boy is thrilled to meet his dream dog – Gizmo the pug.
9.00 **NEW SERIES Britain's Favourite Railway Stations with Si King** 1/4. The presenter explores the history of railway stations, discovering how heritage, technology, culture and community converge. The first edition features York station.
10.00 **Secrets of Flying Scotsman** 1&2/2. The story of the famous train, which became a symbol of the golden age of steam.
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
2.20 **Britain's Favourite Railway Stations with Si King**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.50 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **The Simpsons**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *Desperately Seeking Lisa:* Lisa has a misadventure in the dark world of Capital City's downtown art scene.
7.30 *Shoddy Heat:* An unearthed corpse opens up a cold case from the 1980s.
8.00 **Billion Pound Cruise** *Symphony of the Seas* sails into port, where 6,680 guests get off and on the ship.
9.00 **Gogglebox** The armchair critics watch *Strictly Come Dancing* and *Boiling Point*.
10.00 Appraisals of *Don't Look Down for SU2C*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.05 **Billion Pound Cruise**
2.10 **Gogglebox** Double bill.
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 | 306 | 30 | 123 | 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **FBI** 9/22. Rina is critically injured while heading to work with Jubal. (S4)
1.00 PM **The Rookie** 9/22. Wesley manages to break free of his contract. (S4)
2.00 **Send in the Dogs**
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

11.00 The Rookie

7 PM

7.00 **Police 24/7** A call to a shooting leads to a scuffle and a lost gun, while an officer clears squatters from an abandoned house.

8 PM

8.00 **Law & Order: Criminal Intent** *World's Fair:* 11/22. A pregnant Muslim student is murdered. (S6)

9 PM

9.00 **The Equalizer** 1/10. First episode of the reboot of the 1980s crime drama, starring Queen Latifah. (S1)

10 PM

10.00 **Law & Order: Special Victims Unit** *Tunnel Blind:* 1/13. The team investigate when a child goes missing in broad daylight. (S25)
11.00 **The Rookie** 2/14. (S3)
12.00 M'T **Law & Order: Criminal...**
1.00 AM **FBI** 9/22. (S4)
2.00 **Law & Order: Organized Crime** 2/13. (S4)
3.00 **Brit Cops: Frontline Crime UK**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S1)
10.10 **The Sopranos** (S1)
12.20 PM **Game of Thrones** (S1)
2.30 **The Wire** 7&8/13. (S1)
4.40 **Westworld** 4/10. Dolores finds help in the form of Westworld visitor William. (S1)
5.45 **Deadwood** 4/12. Alma tries to get to the bottom of her husband's death. (S1)
6.50 **Game of Thrones** 7/10. Ned confronts Cersei about Jon Arryn's death. (S1)

2.30 The Wire

7.55 **Game of Thrones** *The Pointy End:* 8/10. Battle commences as the Lannisters launch their bid to seize power. (S1)

9.00 **House of the Dragon** *Driftmark:* 7/10. King Viserys calls for an end to all the infighting between the Great Houses.

10.15 **House of the Dragon** *The Lord of the Tides:* 8/10. The succession plans for Driftmark become critical. (S1)
11.30 **Deadwood** As 5.45pm.
12.40 AM **All Her Fault** 7/8. Carrie plans Milo's kidnapping.
1.40 8/8. Marissa tries to discover the truth. (S1)
2.40 **Game of Thrones** (S1)
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 3/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 2/10. (S6)
12.00 NOON **The Flash** 4/20. (S8)
1.00 PM **Hawaii Five-0** (S8)
3.00 **S.W.A.T.** 13/21. (S3)
4.00 **NCIS: Los Angeles** 1/22. (S13)
5.00 **SEAL Team** 1/10. Bravo battle to survive an ambush. (S6)
6.05 **Stargate SG-1** 15/22. SG Command learns an asteroid is on a collision course with Earth and must intercept it to avert disaster. (S5)

4.00 NCIS: Los Angeles

7.10 **Stargate SG-1** *Summit:* 16/22. Part one of two. Jackson is recruited by the Tok'ra to infiltrate a secret meeting. (S5)

8.15 **Never Mind the Buzzcocks** With guests Mike Wozniak, Jax Jones and Ella Henderson.

9.00 **Evil** *Genesis1:* 1/13. Crime drama with Katja Herbers. The Catholic Church hires a forensic psychologist to investigate a serial killer.

10.00 **Evil** *177 Minutes:* 2/13. Kristen, David and Ben investigate an apparent miracle when a teenager comes back to life. (S1)
11.00 **Fear the Walking Dead** 4/15. The group let a family in distress board the boat. (S2)
12.00 M'T **Mr Bigstuff** 1&2/6. (S2)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary series.
3.00 **S.W.A.T.** 13/21. (S3)
4.00 **NCIS: Los Angeles** 1/22. (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia and Alex: Parenthood**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 Family Guy

7.00 **Deal or No Deal** Stephen Mulhern hosts as Paula takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The Real Housewives of Orange County** Katie and Heather come head-to-head over some controversial information.

9.00 **TikTok: Murder Gone Viral** An investigation that led to the convictions of two 15-year-olds for the murder of Brianna Ghey.

10.00 **Family Guy** 2/21. Peter discovers that he has a vestigial twin. (S12)
10.30 8/22. Peter tells the story of Christmas. (S11)
10.55 **Family Guy** 16/22. A murder is committed at Mayor West's mansion. (S11)
11.25 **American Dad!** (S18)
12.25 AM **Bob's Burgers** (S12)
1.25 **Olivia Attwood's Bad Boyfriends**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.15 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *A Lesson in Murder:* A conscientious objector dies in police custody.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Shadows from the Past:* A local man confesses to a girl's murder, prompting Sgt Miller to reopen the case.

11.55 Trial & Retribution

6.55 **Heartbeat** *Every Dog His Day:* Blaketon and Ventress look for a missing dog, and a £50 reward gives Peggy an idea.

8.00 **Vera** *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the coast, destroying three cabins and claiming the life of the resort owner's sister. Guest stars Cush Jumbo.

10.00 **Foyle's War** *Eagle Day:* The detective faces a dilemma when a murder investigation leads him to the radar station where his son was working on a classified operation.
11.55 **Trial & Retribution** 2/2. As a third victim is found murdered, Marilyn soon identifies the man responsible as Damon Morton. (S2)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.30 PM **Banjo and Ro's Grand Island Hotel** Banjo Beale and Ro Christopher restore a derelict mansion.
8.00 **Scotland's Sacred Islands with Ben Fogle** Exploring the spiritual legacy of remote islands.
9.00 **Inside Barlinnie** A look at the Glasgow prison's recent past and how it has shaped the approach to modern jails and rehabilitation.
10.00 **Close to the Bone** Docu-drama about six British orphans sent to Australia in 1948.
10.55 **Loop** An artist who sketched the NHS staff who saved her life.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Scot Squad** 1/5. Squire and McGill go undercover at a high-class spa. (S7)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 5&6/10. (S1)
10.15 **Sex and the City** (S5)
11.25 **Entourage** (S7)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S5)
2.45 **Ballers** 7&8/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 7/25. Jeff develops a crush.
7.15 8/25. Jeff is forced to live in his car. (S1)
7.45 **Sex and the City** 7/8. Carrie visits San Francisco to promote her book.
8.20 8/8. A surprise wedding gives Carrie food for thought. (S5)
9.00 **Josh Widdicombe: Bit Much...** Stand-up show.
10.15 **And Just Like That...**
11.00 **Community** (S1)
12.00 M'T **Entourage** (S7)
1.05 AM **Ballers** 7&8/10. (S1)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Battle of the Irish Dancers**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **FILM Sabrina** Comedy. (1954, U, 113min) ★★★★
11.10 **The Directors**
12.10 AM **FILM Midnight Movies: From the Margin to the Mainstream** (2005, 18) ★★★★
2.05 **A Play in a Day**
3.05 **Dickens in Italy**
4.05 **Inside Art**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** 8/26. (S6)
8.00 **Star Trek: Deep Space Nine** 6/26. (S7)
9.00 **World's Most Evil Killers** The crimes of John Eric Armstrong.
10.00 **Britain's Most Evil Killers** The crimes of serial rapist Stephen Port.
11.00 **Grimm** 9/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** A Middlesbrough couple and two pairs of married Mancunians take part in the quiz.
7.00 Two friends from Glasgow, a son and his mum from London, and sisters from Grimsby compete in the quiz.
8.00 Two siblings from the West Midlands, and two sets of friends from Rickmansworth, and London and Bradford take part in the quiz.
9.00 **Alan Carr's Epic Gameshow** Alan hosts an updated version of *Name That Tune*.
10.00 **Tipping Point** Triple bill of the quiz show.
12.50 AM **Tenable**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S3)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** 13-15/24. (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S3)
4.10 **Down to Earth** (S4)
5.20 **Doctor Finlay** 4/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 10/26. Charles is frozen out.
8.00 11/26. A view of war from a patient's eyes.
8.30 12/26. Charles' servant reveals vital healing skills. (S7)
9.00 **FILM The Great St Trinian's Train Robbery** Farcical British comedy. (1965, U, 94min) ★★★
11.00 **Born and Bred** (S3)
12.00 M'T **Down to Earth** (S4)
1.10 AM **Rumpole of the Bailey** 5/6. (S7)
2.10 **Home to Roost** (S4)
2.35 **A Fine Romance** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Professionals**
12.20 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.50 **Boon**
4.55 **The Professionals** *You'll Be Alright:* Bodie and Doyle protect a criminal's family.
5.55 **Minder** *The Bengal Tiger:* Arthur is asked for protection by newsagent Mr Mukerjee.

9.00 First Blood

7.00 **American Pickers** The duo find a valuable collection of vintage toys in Iowa, while Mike is inspired to take a gamble.
8.00 **Ice Road Truckers** All the equipment from the Langley site is moved to Inuvik along increasingly hazardous roads.
9.00 **FILM First Blood** Action adventure starring Sylvester Stallone. A Vietnam veteran runs foul of some small-town cops and triggers off a full-scale manhunt. With Richard Crenna. (1982, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Ligue 1 Highlights** Featuring Monaco v Lyon, Lille v Rennes, Marseille v Nantes and Paris Saint-Germain v Paris FC.
11.35 **Berlin Station**
12.35 AM **The Professionals**
1.35 **Minder**
2.30 **to 3.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 25/26. (S4)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 26/26. (S4)
2.00 **Primeval** 1&2/6. (S5)
4.00 **Star Trek: Enterprise** 14/22. Part three of three. Archer visits Shran's homeland. (S4)
5.00 **Stargate SG-1** As 8.00pm.
6.00 **Star Trek: The Next Generation** 25/26. Data experiments with love. (S4)

8.00 Stargate SG-1

7.00 **Star Trek: Deep Space Nine** *Broken Link:* 26/26. Odo is forced to return to his homeworld. (S4)
8.00 **Stargate SG-1** *Thor's Hammer:* 10/22. O'Neill and Teal'c become trapped in a labyrinth. (S1)
9.00 **Grimm** *Into the Schwarzwald:* 12/22. Nick and Monroe find a treasure in Germany that has been hidden for centuries.
10.00 **Grimm** *Silence of the Slams:* 13/22. A local maskmaker targets Wesen to create masks with great power. (S5)
11.00 **Wynonna Earp** 4/13. A blade-wielding apparition haunts Wynonna. (S1)
12.00 M'T **The Swarm** 4/8. Cecile warns the population against using tap water. (S1)
1.00 AM **Primeval** 1&2/6. (S5)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 18/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 4/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 18/22. (S5)
5.00 **Hudson & Rex** 10/16. A raw diamond is found at the scene of a murder. (S4)
6.00 **Father Brown** *The Beast of Wedlock:* Father Brown's past collides with the present.

9.00 Allegiance

7.00 **Miss Fisher's Murder Mysteries** *Death at Victoria Dock:* 4/13. A man is killed by anarchists at a dockyard. (S1)
8.00 **Death in Paradise** *Missing a Body?* 4/8. A woman confesses to killing her husband. Guest stars Miranda Raison. (S1)
9.00 **Allegiance** New episode *Fallen Idols:* 9/10. A shooting thrusts Sabrina into the life of a community volunteer. (S1)
10.00 **Father Brown** *The Show Must Go On:* Father Brown discovers there's more drama offstage than on in the latest production by the Kembleford Players.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.40 **Are You Being Served?**
10.15 **Open All Hours**
10.55 **Keeping Up Appearances**
11.35 **Last of the Summer Wine**
12.55 PM **The Green Green Grass**
1.30 **Ever Decreasing Circles**
2.10 **Dad's Army**
2.50 **Are You Being Served?**
3.30 **Open All Hours**
4.05 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

4.05 Ever Decreasing Circles

7.20 **Dad's Army** Captain Mainwaring puts the defence of the realm before personal pride.
8.00 **The Good Life** Barbara braves the ordeal of public speaking. **8.35** Tom and Barbara make a profit and spend the money on a loom. **9.15** Tom and Barbara attempt to make clothes out of nettles and wool.
9.55 **Not Going Out** Lucy's first love reappears on the scene and asks her to star in a romantic play he has written for her.
10.30 **The Good Life** As shown at 8.00pm.
11.10 **The Good Life** Double bill.
12.30 AM **Not Going Out**
1.05 **The Good Life** Triple bill.
3.00 **to 4.00** AM **Keeping Up Appearances** Daisy informs Hyacinth that a strange woman in Daddy's bedroom claims to be his fiancée.

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: The Christmas Reassembler**
8.00 **Border Force: America's Gatekeepers** Documentary.
9.00 **Guy Martin's Great Escape**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** Rick visits Sardinia.

5.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With Mel Giedroyc, Matt Dawson, Dermot O'Leary and Josh Widdicombe.
7.40 **Richard Osman's House of Games** With Ria Lina and Briony May Williams. **8.20** With Mathew Horne, Alex Beresford, Martel Maxwell and Chloe Petts.
9.00 **QI XL** Sandi Toksvig takes a look at some vets with panellists Tom Allen, Melanie Bracewell, Desiree Burch and Alan Davies.
10.00 **Have I Got a Bit More News for You** Miles Jupp hosts the satirical quiz, with presenter James May and Jess Phillips MP.
11.00 **Taskmaster** Mel Giedroyc destroys a mannequi,n and Hugh Dennis wields a blade.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74 259

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Four editions.
3.30 PM **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Surrey.
8.00 **Kirstie and Phil's Love It or List It** Head-to-head property show.
9.00 **Catching a Killer: Buried Truths** A fatal stabbing in Chelmsford.
10.15 **Bowie: The Final Act** The story behind David Bowie's final creative journey.
12.15 AM **Social Media Monsters** Double bill.
2.20 **In the Footsteps of Killers** Vishal Mehrotra.
3.20 **Inside the World's Most Luxurious Hotels**
4.20 **to 4.50** AM **Devon and Cornwall**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
1.00 PM **NCIS** (S20)
3.00 **Law & Order** (S7)
6.00 **NCIS** *Lifeline:* 3/10. Kasie receives an urgent mystery message. **7.00** *Left Unsaid:* 4/10. A petty officer disappears during his marriage proposal. **8.00** *The Plan:* 5/10. The team investigate the mystery of a used service weapon. (S21)
9.00 **Blue Bloods** *Handcuffs:* 9/22. Danny is asked for a favour by the woman he put in jail. **10.00** *Authority Figures:* 10/22. A video surfaces of officers taking part in a case of entrapment. (S9)
11.00 **Law & Order: Special Victims Unit** (S17&16)
2.40 AM **Sight Unseen** New episode 3/10. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Cats and Dogs at War** Double bill.
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition A woman arrives at the practice with a painfully swollen hand.
9.00 **A&E After Dark** A woman arrives by air ambulance after falling 30ft off a castle wall.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **999: Criminals Caught on Camera**
2.00 **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Traffic Cops**
10.15 **Police Interceptors**
12.20 PM **FILM Flame of the Barbary Coast** Western. (1945, b/w, U, 91min) ★★
2.15 **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An officer responds to a 999 call about a woman drinking wine while driving.
9.00 **NEW SERIES Mud Mountain Haulers** Craig and his crew tackle Gollen, the steepest block they've seen.
10.00 **Outback Truckers**
11.00 **Banged Up Abroad**
12.05 AM **Deadliest Weather: Caught on Camera**
1.05 **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Nick Knowles' New Year Clearout**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **Pete Wicks: For Dogs' Sake** Documentary.
9.00 **Louis Theroux: Extreme Love – Dementia** Louis meets dementia sufferers in Phoenix, Arizona, including a 69-year-old who thinks he is still a practising dentist and denies marrying his wife.
10.00 **Louis Theroux: Gambling in Las Vegas**
11.00 **Nurses on the Ward**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux's Altered States**
1.40 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **At Home with the Braithwaites**
8.20 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.20 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 1/6. (S1)
9.00 **Harry Wild** *He Could've Been a Contender Until They Chopped His Arms Off:* 6/6. Harry and Fergus investigate the murder of a boxing gym owner. (S2)
10.00 **New Tricks**
11.20 **Waking the Dead**
12.40 AM **Hotel Portofino**
1.50 **One Foot in the Grave**
2.35 **To the Manor Born**
3.05 **to 4.00** AM **Harry Wild**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cumbria.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip** James pins all his hopes on a naughty dog.
9.00 **Ghost Adventures** New editions Zak arrives in Pendleton, Oregon, to investigate its subterranean tunnels. **10.00** Zak continues his investigation of historic Pendleton, Oregon.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With guests Toyah Willcox, John Barnes, Germaine Greer and Audley Harrison.
12.00 NOON **The Chase** Quiz.
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** Items include an unusual musical instrument.
6.00 **Tenable** A team of five workmates take part. **7.00** A family of five take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A family from Birmingham compete in the quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
10.20 FILM **7th Cavalry** Western. (1956, U, 77min) ★★★
12.00 NOON **The High Chaparral** 3/26. (S2)
1.00 PM FILM **Gunfighters** Western. (1947, PG) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **Kiss of the Dragon** Thriller starring Jet Li. (2001, 18, 98min) ★★★
11.00 FILM **Kickboxer: Vengeance** Thriller starring Alain Moussi. (2016, 15, 90min) ★★
1.05 AM **The Avengers**
2.05 **The New Avengers**
3.05 FILM **Mega Shark vs Mecha Shark** Thriller. (2014, 15, 85min) ★★
4.40 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 FILM **The Wrong Babysitter** (2017) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 11/24. (S5)
12.10 PM FILM **Eat, Drink and Be Buried** (2017) ★★
2.05 FILM **Nelly Knows: A Fatal Engagement** Mystery. (2024, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 12/24. (S5)
8.00 **Unforgettable** (S2)
9.00 FILM **Site Unseen** Thriller. (2017, PG) ★★
10.55 FILM **Signed Sealed Delivered** (2013) ★★
12.50 AM FILM **Dying for a Baby** (2019, 12) ★★
2.30 FILM **Deadly Sibling Rivalry** (2011, PG) ★★
3.55 FILM **The Daughter Stalker** (2020, PG) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Baked with a Kiss** (2022, PG) ★★
10.25 FILM **A Tail of Love** Drama. (2022, U) ★★
12.15 PM FILM **Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
2.05 FILM **Love Takes Flight** Drama. (2019, PG) ★★
4.05 FILM **The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
6.05 FILM **In the Key of Love** Drama. (2019, PG) ★★
8.00 FILM PREMIERE **Romance in Hawaii** Comedy with Kelley Jakle. (2023, U, 89min) ★★
9.55 FILM **Picture Perfect Romance** Drama. (2022, U, 89min) ★★
11.55 FILM **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
1.55 AM **Highway to Heaven**
2.45 FILM **Love Takes Flight**
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Lady Killers**
2.00 **Boon** 6/13. (S2)
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life...**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S1)
7.30 **The Dustbinmen** (S1)
8.00 **Boon** 6/13. (S2)
9.00 **Lady Killers**
10.00 FILM **Invasion of the Bee Girls** (1973, 18) ★
11.45 **Stereo Underground**
12.45 AM **Star Maidens**
1.15 FILM **Children Shouldn't Play with Dead Things** Horror. (1973, 15) ★★
3.00 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** In Australia.
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The boats jockey for position on the blue grounds. **8.00** Elliot Neese sparks a turf war.
9.00 **Expedition X** Reports of possessions by spirits of people who died in World War Two.
10.00 **Expedition Unknown**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off** The bakers test their pastry-making skills. **8.00** The best amateur baker of 2011 is crowned.
9.00 **James Martin's American Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/27. (S4)
9.00 **The A-Team** 9/25. (S3)
10.00 **Charlie's Angels** (S4)
11.00 FILM **Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
1.00 PM FILM **House on Haunted Hill** Spooky chiller. (1958, b/w, 12, 75min) ★★★
2.30 FILM **Triple Cross** Fact-based spy thriller. (1966, PG, 126min) ★★
5.00 **Star Trek** 19/30. (S1)
6.00 **Charlie's Angels** (S4)
7.00 **The A-Team** 10/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **We Were Soldiers** Wartime drama. (2002, 15, 137min) ★★★
11.40 FILM **Steel Sharks** Action adventure. (1996, 18, 91min) ★
1.35 AM FILM **The Courier** Thriller. (2019, 18) ★
3.30 **to 5.15** AM FILM **The Asphyx** Horror chiller. (1973, 15, 99min) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Darwin Conspiracy** Sci-fi thriller. (1999, PG, 90min) ★
11.00 **Andromeda** 17/22. (S5)
12.00 NOON FILM **Double Dragon** Adventure. (1994, 12, 91min) ★★
2.00 PM FILM **The Blood Beast Terror** Horror. (1967, 12, 88min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
7.00 **Andromeda** 18/22. (S5)
8.00 **The Fall Guy** 2/23. (S1)
9.00 FILM **The Cold Light of Day** Action thriller starring Henry Cavill. (2012, 12, 89min) ★★
10.55 FILM **Hidden Agenda** Crime action thriller starring Dolph Lundgren. (2001, 18, 91min) ★★
1.00 AM FILM **The Cold Light of Day** (2012)
2.55 FILM **Sherlock Holmes**
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Contraband: Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens: Origins**
10.55 **UFOs Declassified**
11.50 **Curse of Skinwalker Ranch** Documentary.
12.45 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Contraband: Seized...**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Alan Titchmarsh's Underdog to Superdog**
11.00 **Ben Fogle: New Lives in the Wild** In California.
12.00 NOON **World War I in Colour** Documentary
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Mystery of MH370: Drain the Oceans**
6.00 **Digging Up Britain's Past** Stonehenge.
7.00 **World War I in Colour** Troops on both sides reach breaking point.
8.00 **Ben Fogle: New Lives in the Wild** In Uruguay.
9.00 **Princess Anne: A Remarkable Royal**
10.30 **Charles & Camilla: 20 Years Married – A Royal Love Story**
12.00 M'T **Wentworth Prison**
1.00 AM **Autopsy**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **Rock the Block**
10.30 **My Lottery Dream Home** Property series.
11.00 **My Lottery Dream Home International**
2.00 PM **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** Dave and Jenny overhaul a family's outdated home. **8.00** The duo transform a family's lake home.
9.00 **Sin City Rehab** New editions Alison Victoria's third client has a dated home with flow issues, but the couple don't know what to do. **10.00** Alison takes on the home of a dear friend and famous chef Antonia Lofaso.
11.00 **Home Town** Double bill.
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Giant bumps cover Elizabeth's head. **8.00** Juliet is distressed because of the bumps on her neck and chest.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Spin City** (S4)
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Impractical Jokers**
1.30 **Michael McIntyre's Big Show** With Jess Glynne.
2.30 **Friends** (S10)
7.30 **Friends** 16/18. The gang throw a going-away party for Rachel. **8.00** 17&18/18. Last-ever episode. (S10)
9.00 FILM **Kevin & Perry Go Large** Comedy spin-off. (2000, 15, 82min) ★★
10.40 **Jimmy Carr's Am I the A**hole?**
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park**
3.05 **Demetri Martin: Person**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Takeshi's Castle**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4&5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S4)
7.00 **Everybody Loves Raymond** (S4)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** (S9)
12.30 AM **Mike Judge's Beavis and Butt-Head**
1.00 **The Ricky Gervais Show**
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S1)
3.45 **Important Things**
4.30 **Spin City** (S4)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 13/14. (S6)
10.55 **Steptoe and Son** (S5)
11.35 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S1)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 4/13. (S1)
3.10 **Minder** 4/11. (S1)
4.15 **Citizen Smith** (S1)
4.50 **Steptoe and Son** (S1)
5.25 **Some Mothers Do 'Ave 'Em** 4/7. (S1)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** 4/7. (S1)
7.55 **Minder** 9/11. (S1)
9.00 **Benidorm** 4/7. (S7)
9.55 **Shameless** 7/10. (S10)
10.55 **Minder** 9/11. (S1)
12.00 M'T **Benidorm** (S7)
1.00 AM **Shameless** (S10)
2.00 **Kenny Everett Show**
2.35 **Man About the House**
3.10 **Duty Free** (S3)
3.30 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 9/14. (S5)
6.20 **Teen Mom 2 Reunion**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Love Triangles**
5.00 **Catfish: The TV Show**
6.00 **Celebs on the Farm**
8.00 **Old School for Lazy Kids** Reality series.
9.00 **Dating Naked** Mike, an MC and radio host from Philadelphia meets Los Angeles native Moenay. **10.00** Featuring an ex-Marine from Philadelphia and a British dance instructor.
11.00 **Queerpiphany**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Geordie Shore: Nathan's Story**
2.00 **Geordie Shore: Charlotte's Story**
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

8 January **Thursday**

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs: Road to the Ridler** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at:
4.00 A look into how aircraft seats are tested.
4.30 How nickel is mined.
5.00 **Alaska: Homestead Rescue** The Raneys help some novice farmsteaders in Iowa on the verge of losing their legacy.

10.00 In the Eye of the Storm

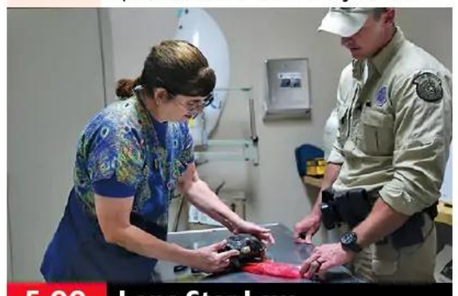
7.00 **Wheeler Dealers World Tour** Mike and Elvis try to give a rare Skoda 110R a rally inspired makeover, but it's an expensive job.
8.00 **Wheeler Dealers World Tour** Mike and Elvis travel to Turin and set about trying to rescue a rundown Fiat Barchetta.
9.00 **Marooned with Ed Stafford** Ed must make his way off the peak of Changbai Mountain in Northern China.
10.00 **In the Eye of the Storm** New edition A rare train of supercells creates a record 889 tornadoes east of Tornado Alley.
11.00 **Expedition Unknown** Josh retraces the 1962 Alcatraz escape, finding new leads.
12.00 M'T **Deadliest Catch**
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!**
10.00 **Tanked** Three office tanks.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man who owns two Savannah cats.
4.00 A firefighter in LA has trouble with a crazy pet.
5.00 **Lone Star Law** A badly injured tortoise needs help.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Dr Petra team up to save a cat hit by a car.



5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson builds a treehouse for the Mt McKinley Princess Wilderness Lodge.
8.00 **Richard E Grant's Seven Deadly Sins** Exploring the origins of the seven cardinal sins and the dramatic effect they have.
9.00 **Alaska: The Last Frontier** Otto and Charlotte travel to Switzerland to see where the Kilcher legacy began.
10.00 **Alaskan Bush People: Book of Billy** An interview with Billy, who chose to raise his seven children in the Alaskan wilderness.
11.00 **The Haunted** A figure appears and family pets start dying.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles a highly venomous king cobra.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Megafactories**
9.00 **Air Crash Investigation: Special Report**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse** Battles in Asia.
1.00 PM **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Hitler's Killer Warships: Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Hitler's Secret Underground Factory** The story of the Messerschmitt ME 262.

8.00 Toronto Airport Uncovered

7.00 **Air Crash Investigation** German investigators are stumped when two planes collide while flying in the skies over Germany.
8.00 **Toronto Airport Uncovered** New edition Two winter storms descend on North America, causing chaos.
9.00 **Hindenburg: The New Evidence** Recently recovered film footage of the Zeppelin crash provides a fresh insight.
10.00 **Top Guns: The Next Generation** A student's dreams are challenged during advanced bombing training.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** New edition The Roaches and Millers connect.
1.00 AM **To Catch a Smuggler**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries from Above**
1.00 PM **Ice Road Truckers**
2.00 **Mountain Men** As 10.00pm.
3.00 **Secrets in the Ice**
5.00 **Pawn Stars** Rick eyes a giant US Navy Jack, while the team members are pitched a signed photo of Cy Young.
6.00 **American Pickers** Mike and Danielle scour a sensory-overload attic in Detroit.

9.00 Ice Road Truckers

7.00 **Forged in Fire** Smiths are tasked with recreating the Fairbairn Sykes fighting knife by combining three sizes of W1 round stock.
8.00 **Black Death Patient Zero** Historian Philip Slavin identifies what he believes could be Black Death Patient Zero.
9.00 **Ice Road Truckers** New edition Lisa's truck loses heat as temperatures plummet, forcing her to seek help from Scooter.
10.00 **Mountain Men** New edition Bret and Ivy bust through sheets of lake ice to ferry critical equipment to their cabin.
11.00 **The UnXplained with William Shatner** The obsession with locating ancient cities lost to time.
12.00 M'T Why every major civilisation believes in curses.
12.55 AM **American Pickers**
1.50 **Ice Road Truckers**
2.50 **Pawn Stars Do America**
3.40 **Pawn Stars** As 5.00pm.
4.25 **to 6.00** AM **Secrets in the Ice**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Rise of the Nazis**
11.00 **True Evil: The Making of a Nazi** As shown at 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis**
5.00 **True Evil: The Making of a Nazi** An in-depth profile of Heinrich Himmler.
6.00 **Antiques Roadshow** From Morden Hall Park in London.

7.00 Great Canal Journeys

7.00 **Great Canal Journeys** Timothy West and Pru Scales visit Burgundy, where they travel along the Canal du Nivernais.
8.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro and a sublime Ferrari 250 GT tribute car.
9.00 **Flipping Bangers** Will Trickett and Gus Gregory find an orange Reliant Kitten that an engineer has given up on.
10.00 **Bangers & Cash** Derek gets his hands on a rare Vauxhall Victor VX 90 police car that is expected to sell for a lot.
11.00 **Bangers & Cash: Restoring Classics** A Reliant Scimitar GTC and a Honda CBR.
12.00 M'T The team are on the hunt to restore one of the greatest names in motoring history – the Bugatti.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Rise of the Nazis**

+1 hour 255 329

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition The Mooka Boys embark on a risky mission at night after failing to find any opals.
10.00 **NEW SERIES Treasure Hunters Down Under** A diverse group of detectorists scour Australia for lost coins, artefacts and gold.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Documentary.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** The murders of Nicola Fellows and Karen Hadaway.
8.00 **Murder on CCTV** The 2010 murder of barman Dexter Bain.
9.00 **Signs of a Psychopath**
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** DI Keogh and the team investigate Eulin Hastings' murder.
8.00 **Murder: Point of Contact** Surjit Athwal was lured to India under a false promise and never returned.
9.00 **Cold Justice** New edition Kelly and Steve look into the cold case of a mother who vanished.
10.00 **When Death Comes Knocking** New edition A homicide investigation where crucial evidence was caught on a Ring-style doorbell.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice** As 9.00pm.
3.00 **When Death Comes Knocking** As 10.00pm.
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** DNA detectives solve the case of a murder of a great-grandma in Utah.
3.00 Forensic investigative genetic genealogy solves the murder of a couple.
4.00 **48 Hours** A look into what happened when a university professor died.
5.00 **Medical Detectives** An investigation into the murder of a young girl.
5.30 A go-go dancer vanishes for 20 years.
6.00 A hunter is shot three times and killed.
6.30 A flurry of arson fires in California in 1984.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Brit Cops** Documentary.
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Peter McMahon.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** New edition
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Catching the Killer**
1.00 AM **Most Evil Killers**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours**
8.40 **The Normans**
9.55 **Village of Death: Oradour-sur-Glane 1944**
11.00 **A Cold War of Spies**
12.00 NOON **Dying Democracies – Europe in Decline**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **The Normans**
2.55 **Village of Death: Oradour-sur-Glane 1944**
4.10 **A Cold War of Spies**
5.10 **Dying Democracies – Europe in Decline**
6.15 **The Normans**
7.30 **Village of Death: Oradour-sur-Glane 1944**
8.40 **A Cold War of Spies**
9.50 **Dying Democracies – Europe in Decline** Examining how right-wing populists erode democracies from within.
10.50 **Village of Death: Oradour-sur-Glane 1944**
12.00 M'T **A Cold War of Spies**
1.10 **to 2.00** AM **Grand Tours**

Thursday

7 PM
8 PM
9 PM
10 PM

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Jason Robards**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **Breath of Fire**
11.00 **Lockerbie**
12.00 NOON **Donyale Luna: Supermodel** Exploring the life and career of Donyale Luna.
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Benetton Formula**
4.00 **Discovering: Jason Robards**
5.00 **The Directors** A look at the life and work of John Singleton.
6.00 **Elvis Presley: The Searcher** 1&2/2. Documentary about the life and career of the singer.
10.00 FILM **Robin Williams: Come Inside My Mind** An intimate portrait of the comedian and actor. (2018, 12, 117min) ★★★★
12.15 AM **Money Electric: The Bitcoin Mystery** Documentary exploring the origins of the cryptocurrency.
2.15 **SIC: Prince of MotoGP**
4.00 **The Directors** As 5.00pm.
5.00 **to 6.00** AM **Discovering: Jason Robards**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Deep Dive North America**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Evolution Earth**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **Into the Wild: Colombia**
9.00 **Invisible River: Under Water Between the Black Forest and the Vosges** Documentary.
10.00 **Great Blue Wild**
11.00 **Uptown Otters**
12.00 M'T **Deep Dive North America**
1.00 AM **Beasts of the Big Blue**
2.00 **Into the Wild: Colombia**
3.00 **Invisible River: Under Water Between the Black Forest and the Vosges** Documentary.
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Secrets of the Lost Liners**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Hitler's Secret Bomb**
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Secrets of the Lost Liners**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Hitler's Secret Bomb**
9.00 **Hitler's British Island** 1/2. How the Channel Island of Alderney became a pre-occupation of Hitler and was transformed into one of the most heavily fortified places on Earth.
10.00 **Ancient Skies** A look at how the revolutionary ideas of Ptolemy, Copernicus and Galileo reshaped our ancient skies.
11.00 **Ancient Aliens Special Presentation** The search for alien codes and messages.
1.00 AM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** The story of Ramanodge Unmathallegadoo.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **Homicide Squad: New Orleans** New edition A woman allegedly shot by her neighbour after an argument about their pets.
10.00 **The First 48**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Squad: New Orleans**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska's Grizzly Gauntlet**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Battle of the Swamp Dragons**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: Tampa** A team of doctors rush to a leopard's side, while a monkey gets a rare physical.
8.00 **Wild Hunters** Featuring footage of deadly snakes.
9.00 A close-up look at the remarkable lives of wolves.
10.00 **Life Below Zero: First Alaskans** Tig's moose hunt is thwarted by a pack of wolves.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **To Live or Die on Everest**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Examining what happens when the two most powerful objects in the cosmos collide.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** The final part of Henry Cole's ride along Route 66.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** Hannah and Amy come to the aid of a teenager whose pain has left her unable to speak.
8.00 Jamie and Debbie rush to help an unconscious man in a diabetic coma.
9.00 Medics rush to help a young woman who has suffered a fit in the street.
10.00 Dan and Shane suspect blood poisoning after picking up a seriously ill patient.
11.00 Michelle and Hannah help a man suffering an anxiety attack in the street.
12.00 M'T Hannah and Mike come to the aid of a man who is in agony after having his kidney stones removed.
1.00 AM **Inside the Ambulance** Five further editions of the series.
5.30 **to 6.00** AM **My Kind of Town** Ian Hamilton and his guide dog Major explore Annan in Dumfries and Galloway.

+1 hour 266 376

ID

154 141 166

8.00 AM **Breaking Homicide**
9.00 **The Perfect Murder**
11.00 **The Killer in My Family**
12.00 NOON **Murder in the Heartland** Documentary.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Still a Mystery**
7.00 **Death by Fame** A woman and her family strike it rich – but not everyone wants them to shine.
8.00 The case of Baron 'Dirty' Colon, who went on a reality show with an ulterior motive.
9.00 **Lost Women of Highway 20** When 13-year-old Rachanda Pickle goes missing, suspicion soon falls on her father.
10.00 Detectives discover Rachanda's disappearance connects to other crimes.
11.00 Detectives close in on their suspect, but he is already closing in on new victims.
12.00 M'T **Murder Comes to Town**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **Death by Fame**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** In Canada, a tragedy strikes a busy shopping centre.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Downey's Dream Cars**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.10 AM **The Phoenician Scheme** Wes Anderson's comedy. (2025, 15, 101min) ★★★
9.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
10.45 **Friendship** Comedy. (2025, 15, 100min) ★★★★
12.30 PM **28 Years Later** As 8pm.
2.30 **All the Devils Are Here**
4.05 **Safe House** As 2.30am.
5.40 **Sinners** Horror thriller starring Michael B Jordan. (2025, 15, 132min) ★★★★

7.10 The Phoenician Scheme

8.00 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
2.30 **Safe House** Thriller with Holt McCallany. (2025, 15, 90min)
4.15 **Sky Cinema Preview**
5.15 **to 7.15** AM **The Wedding Banquet** Comedy drama. (2025, 15, 103min) ★★★

Sky Cinema Science Fiction

303 303 403 503 517

7.35 AM **Back to the Future** Fantasy. (1985, PG) ★★★★★
9.35 **The Matrix Revolutions** Sci-fi thriller sequel. (2003, 15) ★★★
11.45 **The Matrix: Resurrections** Thriller sequel. (2021, 15) ★★★
2.15 PM **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
4.05 **The Chronicles of Riddick** Sci-fi sequel. (2004, 15) ★★★
6.10 **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★

8.00 Dune: Part Two

8.00 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet and Zendaya. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. With Rebecca Ferguson, Javier Bardem, Josh Brolin, Austin Butler and Florence Pugh. (2024, 12, 166min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Pacific Rim** Epic sci-fi action adventure starring Charlie Hunnam, Idris Elba and Rinko Kikuchi. (2013, 12, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Chappie** Sci-fi thriller. (2015, 15, 120min) ★★
3.05 **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
5.05 **to 7.00** AM **Children of Men** Sci-fi thriller starring Clive Owen and Julianne Moore. (2006, 15, 109min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Poison** As 4.35pm.
8.35 **The Boy in the Striped Pyjamas** As shown at 6.15pm.
10.25 **The Damned United** (2009)
12.15 PM **Legends of the Fall** Period drama starring Brad Pitt. (1994, 15, 133min) ★★★★
2.40 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
4.35 **Poison** Drama starring Tim Roth. (2024, PG, 86min) ★★★★
6.15 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.00 **Little Women** Screen version of Louisa May Alcott's classic tale of four sisters living in New England during the American Civil War. Stars Winona Ryder, Susan Sarandon and Gabriel Byrne. (1994, U, 114min) ★★★
10.00 **The Holiday** Romantic comedy starring Cameron Diaz, Kate Winslet, Jude Law and Jack Black. (2006, 12, 135min) ★★★
12.20 AM **The Damned United** Sports biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
2.00 **Paper Moon** Vintage comedy. (1973, b/w, PG, 100min) ★★★★
3.55 **to 6.15** AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★

Sky Cinema Horror

311 311 411 511 525

7.00 AM **Until Dawn** As 6.10pm.
8.50 **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
10.25 **Gremlins 2: The New Batch**
12.25 PM **Die Alone** Horror thriller. (2024, 15, 91min) ★★★★
2.00 **Blade: Trinity** Action adventure sequel. (2004, 15, 113min) ★★★
3.55 **It** Adaptation of the Stephen King chiller, with Bill Skarsgård. (2017, 15, 135min) ★★★★
6.10 **Until Dawn** Horror starring Ella Rubin and Michael Cimino. (2025, 15, 99min) ★★★
8.00 **Gremlins 2: The New Batch** Horror comedy fantasy sequel starring Zach Galligan and Phoebe Cates. A horde of scaly Gremlins are unleashed on the occupants of a New York skyscraper. With John Glover. (1990, 12, 107min) ★★★
10.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
12.15 AM **From Dusk Till Dawn** Gory horror starring George Clooney. (1995, 18, 108min) ★★★★
2.05 **I.S.S** Sci-fi drama with Ariana DeBose. (2023, 15, 95min) ★★★
3.45 **Sick** Horror. (2022, 18) ★★★
5.15 **to 6.45** AM **Presence** Horror. (2024, 15, 84min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.25 AM **Robin and the Hoods**
9.10 **Twist** Crime comedy drama. (2021, 12, 90min) ★★★★
10.50 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
12.50 PM **The Tiger Rising** (2022)
2.40 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
4.20 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
6.00 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★

7.50 IF

7.50 **IF** Fantasy starring Ryan Reynolds and Cailey Fleming. A young girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Tiger Rising** Drama starring Christian Convery and Dennis Quaid. When a 12-year-old discovers a caged tiger in the woods near his home, his imagination runs wild and his life begins to change. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
1.25 AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★
3.15 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
4.55 **to 6.15** AM **Friend or Foe** Drama. (1981, U, 70min) ★★★

Sky Cinema Action

307 307 407 507 521

8.25 AM **Novocaine** Action comedy. (2024, 15, 80min) ★★★
10.20 **Batman** Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★
12.35 PM **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
2.55 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
5.50 **300** Adventure with Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★

5.50 300

8.00 **2012** Epic disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. A struggling writer strives to get his family to safety after he learns of an impending global catastrophe. With Oliver Platt, Thandie Newton and Woody Harrelson. (2009, 12, 158min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12, 142min) ★★★
3.05 **Monkey Man** Action thriller. (2024, 18, 121min) ★★★★
5.10 **to 6.55** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
8.35 **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
10.25 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
12.25 PM **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
2.35 **Blazing Saddles** Spoof. (1974, 12, 90min) ★★★★
4.15 **See No Evil, Hear No Evil** Comedy. (1989, 15) ★★★
6.00 **White Chicks** (2004, 15) ★

9.50 Ted 2

8.00 **Ted** Comedy starring Mark Wahlberg and Mila Kunis. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was an eight-year-old boy. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed teddy bear fights a court case for the right to be legally recognised as a person. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.20 AM **Jackass Number Two** Slapstick comedy sequel. (2006, 18, 92min) ★★
2.55 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.30 **to 6.05** AM **Y2K** Horror comedy with Jaeden Martell. (2024, 18, 91min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.45 AM **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
9.00 **Detroit** As shown at 2.40am.
11.30 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
1.55 PM **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
3.55 **RocknRolla** Guy Ritchie's crime comedy thriller. (2008, 15, 110min) ★★
6.00 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★

10.15 Hannibal

8.00 **Murder by Numbers** Crime thriller starring Sandra Bullock as a veteran cop investigating a murder committed for kicks by two high-school students. With Ryan Gosling, Michael Pitt, Ben Chaplin and Chris Penn. (2002, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Against All Odds** Thriller. (1984, 18, 116min) ★★
2.40 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
5.15 **to 7.00** AM **Maggie Moore(s)** Comedy thriller with Jon Hamm. (2023, 15, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Broken Arrow** Western. (1950, PG, 93min) ★★★★
12.50 PM **D-Day the Sixth of June** World War Two romance. (1956, PG, 106min) ★★
3.00 **The Spoilers** Western. (1955, b/w, U, 85min) ★★
4.40 **Jubal** Western starring Glenn Ford. (1956, PG, 101min) ★★★
6.45 **Instant Family** Comedy with Mark Wahlberg and Rose Byrne. (2018, 12, 118min) ★★★★

6.45 Instant Family

Instant Family (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Frighteners** Horror comedy starring Michael J Fox and Trini Alvarado. A swindling psychic falls under suspicion when the ghost of a dead serial killer continues his murderous spree from beyond the grave. (1996, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Darkman** Fantasy thriller starring Liam Neeson as a disfigured scientist who begins a new life as shadowy superhero Darkman. With Frances McDormand and Colin Friels. (1990, 18, 95min) ★★★
1.05 **to 3.25** AM **Earwig** Fantasy starring Paul Hilton, Romane Hemelaers and Alex Lawther. (2021, 15, 114min) ★★★

+1 hour 314 430 47 301 257

8 PM

9 PM

10 PM

11 PM

Sky Cinema Blockbusters

302 302 402 502 516

6.10 AM **Shark Tale** As 4.40am.
7.50 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2024, PG, 115min) ★★★
9.50 **Raiders of the Lost Ark** (1981)
11.50 **Twister** Disaster movie. (1996, PG, 114min) ★★★
1.50 PM **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
4.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
6.00 **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★
8.00 **Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. (2024, PG, 160min) ★★★★
10.45 **Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford, Karen Allen and John Rhys-Davies. (1981, PG, 115min) ★★★★★
12.45 AM **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
2.50 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
4.40 **to 6.15** AM **Shark Tale** Animation. (2004, U) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.55 AM **Melancholia** Thriller. (1989, 15, 85min) ★★★★
8.35 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
10.55 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
1.05 PM **To Catch a Thief** Romantic Hitchcock comedy thriller. (1955, PG, 102min) ★★★★
3.05 **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
5.35 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
8.00 **Dirty Harry** Thriller starring Clint Eastwood. Maverick San Francisco cop Harry Callahan pursues a psychotic sniper. (1971, 15, 103min) ★★★★★
10.00 **A Clockwork Orange** Futuristic satire directed by Stanley Kubrick, starring Malcolm McDowell and Patrick Magee. (1971, 18, 136min) ★★★★
12.20 AM **Pet Sematary** Supernatural thriller based on Stephen King's novel, starring Dale Midkiff. (1989, 18, 103min) ★★★
2.20 **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
4.55 **to 7.00** AM **Gloria** Thriller. (1980, 15, 121min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Piece By Piece** Animation. (2024, PG, 100min) ★★★
7.50 **Riverdance: The Animated Adventure** (2021, U) ★★★
9.25 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
11.15 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
12.45 PM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
2.20 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
4.00 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
5.45 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.25 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.15 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
10.55 **Penguins of Madagascar** Animation. (2014, U) ★★★★
12.40 AM **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
2.10 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
3.40 **Open Season 3** (2010, U) ★★
5.00 **to 6.30** AM **Into the Wonderwoods** (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
9.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
11.00 **A Safari Romance** Romantic comedy. (2023, PG, 84min) ★★
1.00 PM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
3.00 **Signed, Sealed, Delivered: To the Moon and Back** Mystery. (2025, PG, 120min) ★★
5.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
7.00 **The Professional Bridesmaid** Romantic drama starring Hunter King and Chandler Massey. (2023, PG, 90min) ★★
9.00 **Sweeter than Chocolate** Romantic comedy starring Eloise Mumford. A TV reporter goes to investigate a local bakery, which is rumored to hold the secret recipe to finding true love on Valentine's Day. (2023, PG, 84min) ★★
11.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
1.00 AM **The Finnish Line** Romantic comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Journey to You** Drama. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 16/20. (S1)
6.30 **The Man Who Stayed Alive**
7.05 **Look at Life**
7.20 **The Trial of Madame X** Drama. (1948, b/w, PG, 54min) ★★★
8.30 **The Affairs of a Rogue** Drama. (1948, PG, 111min) ★★★★
10.20 **What's On TPTV with Noel**
10.35 **Identity Unknown** Drama starring Richard Stapley. (1960, b/w, U, 66min) ★★★
11.55 **The Quiet Woman** Thriller. (1950, b/w, U, 70min) ★★★
1.25 PM **Law and Disorder** Comedy. (1940, PG, 74min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Doctor in Love** (1960, PG) ★★
6.30 **It Happened Today**
6.55 **The Brothers** 2/10. (S1)
8.00 **Mark Saber** 10/39. (S4)
8.30 **That's My Boy** 8/9. (S2)
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
11.45 **Brides in the Bath** Serial killer drama starring Martin Kemp.
1.50 AM **Thunder in the City** Comedy. (1937, b/w, PG, 88min) ★★★
3.30 **Crosstrap** Crime drama. (1962, b/w, PG, 62min) ★★★
4.45 **Look at Life**
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport

8 January

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.30 **LIVE SA20 Joburg Super Kings v Paarl Royals.** Coverage of the T20 match staged at Wanderers Stadium in Johannesburg. Both these teams reached the play-off stage last year, but neither managed to qualify for the final, both losing out to Sunrisers Eastern Cape.
7.00 **LIVE Premier League Arsenal v Liverpool.** The top-flight match at the Emirates Stadium. The reverse fixture at Anfield in August ended in a 1-0 win for the Reds. Kick-off **8.00pm**.
11.00 **Sky Sports News**
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage of the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Highlights** Manchester City v Brighton & Hove Albion. **12.30** PM Highlights from Burnley v Manchester United.
1.00 **Premier League Years**
3.00 **PL Retro** A replay of Arsenal v Leicester City from 2017.
5.00 **The Premier League Show**
7.00 **LIVE Premier League Arsenal v Liverpool.** The top-flight match at the Emirates Stadium. Dominik Szoboszlai scored a 30-yard free-kick seven minutes before the final whistle, resulting in a 1-0 win for the Reds in the reverse fixture at Anfield back in August. Kick-off **8.00pm**.
11.00 **Ref Watch** Analysing decisions.
11.30 **Premier League Stories**
12.00 M'T **Premier League Highlights** Action from Arsenal v Liverpool.
12.30 AM **The Big Interview**
1.00 **PL Retro** A replay of Manchester United v Liverpool from 2008/09.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2024/25 play-offs.
9.00 **EFL Greatest Games**
10.00 **SPFL Greatest Games**
12.00 NOON **EFL Cup Highlights**
1.00 PM **150 Years of the Edinburgh Derby**
2.00 **EFL League One & Two Goals**
3.00 **EFL Highlights** Championship.
4.00 **SPFL Highlights**
4.15 **EFL Highlights**
4.30 **EFL Cup Highlights**
5.00 **EFL Highlights** Championship.
6.00 **EFL Cup Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights**
8.15 **SPFL Highlights** Action from Rangers v Aberdeen at Ibrox.
8.30 **EFL League One Goals**
9.00 **EFL League Two Goals**
9.30 **EFL Cup Highlights** Action from Manchester City v Brentford. **10.00** Cardiff City v Chelsea.
10.30 **EFL Highlights** Action from Birmingham City v Coventry City. **10.45** Highlights of Queens Park Rangers v Sheffield Wednesday.
11.00 **EFL Greatest Games**
12.00 M'T **Craig Brown: My Scotland**
12.30 AM **Scottish Premiership Goals**
1.00 **Edinburgh Derby Best Goals**
1.30 **SPFL Highlights**
5.00 **to 6.00** AM **Celtic's Invincibles**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Melbourne Stars v Sydney Sixers.** The T20 match staged at Melbourne Cricket Ground. Glenn Maxwell was instrumental in the Stars' 16-run victory when the teams met here last season, as his knock of 58 not out from 32 balls helped steer his side to 156/5.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Match highlights.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Joburg Super Kings v Paarl Royals.** Coverage of the match staged at Wanderers Stadium in Johannesburg.
7.00 **Big Bash League** Highlights of Melbourne Stars v Sydney Sixers.
8.00 **SA20** Recent action.
11.00 **Big Bash League** A replay of Melbourne Stars v Sydney Sixers.
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **to 6.00** AM **SA20**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Action from the Dubai Desert Classic.
6.15 **Golf Highlights**
12.30 PM **DP World Tour Golf** A replay of the fourth day of the 2025 Bahrain Championship.
5.30 **PGA Tour Golf** Another chance to see the fourth and final day of the 2025 Pebble Beach Pro-Am.
11.00 **PGA Tour Golf** Highlights of the 2025 Genesis Invitational.
12.00 M'T **PGA Tour Golf**
2.00 AM **Golf Highlights**
3.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **WTA & ATP Tennis** Indian Wells Open men's final.
1.15 **WTA Tennis** Dubai Championships. **1.30** Hobart International final. **2.30** Adelaide International final.
3.30 **ATP Tennis** Adelaide International.
4.30 **WTA & ATP Tennis** Action from events the WTA and ATP Tours.
10.30 **LIVE WTA Tennis** Coverage of day four of the WTA Auckland Open staged at the ASB Tennis Centre in Auckland, New Zealand.
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage of the WTA and ATP Tours, including the United Cup, WTA & ATP Brisbane Open, WTA Auckland Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE The Ashes Australia v England.** Coverage of the fifth and final day of the fifth Test staged at Sydney Cricket Ground.
7.30 **TNT Sports Reload**
8.00 **Classic Premier League**
10.00 **The Ashes** Australia v England.
11.00 **Classic Premier League**
12.00 NOON **Serie A** Italian football.
1.00 PM **Alpine Skiing**
2.00 **LIVE Biathlon** Coverage of the men's sprint in Oberhof, Germany.
3.30 **TNT Sports Reload**
4.00 **Classic Premier League**
5.00 **Premier League Stories**
5.30 **Premier League: Big Interview**
6.00 **The Ashes** Australia v England.
7.00 **The Football Archives: UEFA Champions League**
8.00 **Serie A** Sassuolo v Juventus. **9.00** Parma v Inter Milan.
10.00 **Premier League: Big Interview**
10.30 **The Ashes** Australia v England in day five of the fifth and final Test.
11.30 **Alpine Skiing** From Italy.
12.30 AM **LIVE Freestyle Skiing** The men's and women's moguls from Val Saint-Côme, Canada.
2.15 **Ally's Social Club**
3.00 **UEFA Champions League**
4.00 **to 6.00** AM **Serie A**

TNT Sports 2

411 414 522 409 431

6.00 AM **The Gallagher PREM** Bristol Bears v Sale Sharks. **7.00** The key moments from Newcastle Red Bulls v Gloucester. **8.00** Bath v Exeter Chiefs. **9.00** The key moments from Northampton Saints v Harlequins. **10.00** Featuring highlights from Leicester Tigers v Saracens.
11.00 **The Gallagher PREM**
11.15 **TNT Sports Reload**
11.30 **Ultimate Pool** Champions League.
1.00 PM **Fishing: On the Bank**
2.00 **The Ashes** Australia v England.
3.00 **International T20 Cricket Highlights** New Zealand v West Indies in game one of the series. **4.00** New Zealand v West Indies in game two at Eden Park, Auckland. **5.00** New Zealand v West Indies in the third game of the series. **6.00** New Zealand v West Indies in the fifth and final series game.
7.00 **Fishing: On the Bank**
8.00 **Ultimate Pool** Action from Group One of the Champions League.
9.30 **Premier League Legends**
10.00 **FA Cup** Highlights from Salford City v Leyton Orient. **11.00** Highlights from Sutton United v Shrewsbury Town.
12.00 M'T **to 6.00** AM **FA Cup**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** NFL news and talking points.
3.00 **NFL Bitesize Highlights** Action from recent fixtures.
4.00 **NFL Highlights** Action from a match played during week 18. **5.00** Highlights from Miami Dolphins v Cincinnati Bengals.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
8.45 **NFL Bitesize Highlights** Action from a week 18 match.
9.00 **NFL Highlights** Miami Dolphins v Cincinnati Bengals highlights. **10.00** The key moments from Detroit Lions v Dallas Cowboys. **11.00** Highlights from Dallas Cowboys v Kansas City Chiefs.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from tournaments on the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
1.00 PM **Lunchtime Live** A look at all the sports stories that are making the headlines this lunchtime.
2.00 **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **The Premier League Show**
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sports Centre**
10.00 **Sky Sports News** Round-up of the day's news, featuring interviews and highlights.
10.30 **LIVE WTA Tennis** Coverage of the fourth day of the Auckland Open, a hard-court tournament staged at the ASB Tennis Centre in Auckland, New Zealand.
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage of the WTA and ATP Tours, including the United Cup, WTA & ATP Brisbane Open, WTA Auckland Open and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League** Highlights.
8.00 **SA20** Recent action.
9.00 **Ladies European Tour Golf**
11.00 **NFL Highlights**
12.00 NOON **Big Bash League**
1.00 PM **SA20** Action from Durban Super Giants v Pretoria Capitals.
2.00 **PL Greatest Games**
3.00 **NFL Highlights** Dallas Cowboys v Kansas City Chiefs highlights. **4.00** Two week 18 matches.
6.00 **Big Bash League** Perth Scorchers v Melbourne Renegades.
7.00 **SA20** Highlights from Durban Super Giants v Pretoria Capitals.
8.00 **NFL Highlights** Action from Atlanta Falcons v LA Rams.
9.00 **World Darts Championship** The 19th day at Alexandra Palace.
10.00 **US Open Official Films**
12.00 M'T **PL Greatest Games**
1.00 AM **NFL Highlights**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **MLB** A replay of Los Angeles Dodgers v Toronto Blue Jays in game five of the World Series. **9.30** Toronto Blue Jays v Los Angeles Dodgers in game six. **12.00** NOON Toronto Blue Jays v Los Angeles Dodgers in the seventh game of the World Series.
2.30 PM **The Gallagher PREM** Bristol Bears v Sale Sharks. **3.30** The key moments from Newcastle Red Bulls v Gloucester. **4.30** Bath v Exeter Chiefs. **5.30** The key moments from Northampton Saints v Harlequins. **6.30** Leicester Tigers v Saracens.
7.30 **The Gallagher PREM: The Wrap Up** Recent highlights.
7.45 **TNT Sports Reload**
8.15 **WRC: More Than Machine**
9.00 **Dakar Rally Saudi Arabia** Highlights from the fifth stage.
10.00 **MotoGP Films**
11.00 **MotoGP Classics** Archive action.
2.00 **to 6.00** AM **Snooker**

TNT Sports 4

414 416 524 411 434

6.00 AM **Alpine Skiing**
7.00 **Ultimate Pool** Recent action.
8.30 **A-League Highlights**
9.00 **MotoGP Classics**
12.00 NOON **Snooker** The final of the International Championship.
2.00 PM **Snooker** Judd Trump v Mark Selby in the UK Championship final.
4.00 **MotoGP Classics** Highlights of the 1998 Japan Grand Prix. **5.00** Catalunya Grand Prix. **6.00** French Grand Prix.
7.00 **A-League Women Highlights** The 10th round of fixtures.
7.30 **Playing for Our Future** Asking what the future holds for sport in the battle against global warming.
9.00 **UFC** Action from the United Fighting Championship.
10.00 **UFC: The Ultimate Fighter** MMA fighters try to win a contract.
1.00 AM **UFC Reloaded**
5.15 **UEFA Champions League – Stories of the Finals**
5.30 **to 6.00** AM **PL Legends**

Premier Sports 1

419 551

6.00 AM **Top 14 Rugby Union**
8.00 **URC in 60** The ninth round.
9.00 **LaLiga Match Highlights**
10.30 **Transworld Sport** Magazine.
11.30 **United Rugby Championship**
1.30 PM **Top 14 Rugby Union Highlights** Recent matches.
2.00 **NHL on the Fly**
3.00 **URC in 60** The ninth round.
4.00 **NHL Ice Hockey** Chicago Blackhawks v St Louis Blues.
5.55 **LIVE Swedish Hockey League Vaxjo v Farjestad.** Face-off **6.00pm**.
8.30 **World of FreeSports**
9.00 **United Rugby Championship** A replay of Benetton v Edinburgh.
11.00 **LaLiga** Elche v Villarreal.
1.00 AM **LIVE NHL Ice Hockey Winnipeg Jets v Edmonton Oilers.** Coverage of the Western Conference match from Canada Life Centre. Face-off **1.00am**.
4.00 **Sporting Greats**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **NHL Ice Hockey**
10.00 **Temples of Sport**
10.30 **Champions Cup** A replay of Bordeaux Begles v Scarlets.
12.30 PM **Champions Cup** Another chance to see Sharks v Saracens.
2.30 **Temples of Sport**
3.00 **LaLiga** Celta Vigo v Valencia.
5.00 **Top 14 Rugby Union** A chance to see La Rochelle v Toulon.
7.00 **Bike World** Magazine.
7.30 **Champions Cup** Another chance to see Munster v Gloucester.
9.30 **Temples of Sport**
10.00 **NHL Ice Hockey** Washington Capitals v Dallas Stars replay.
12.00 M'T **LIVE NHL Ice Hockey Philadelphia Flyers v Toronto Maple Leafs.** The Eastern Conference match from Xfinity Mobile Arena. Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1**
8.30 **Formula 2** Australian Grand Prix.
9.35 **Cadillac Feature**
9.45 **Formula 2** Action from Australia.
11.00 **The F1 Show**
12.00 NOON **Formula 1**
2.00 PM **BTS with Aston Martin**
2.15 **Ted's Notebook**
2.45 **Cadillac Feature**
2.55 **Ted Lego Feature**
3.00 **Formula 1** The 2025 Australian Grand Prix at Albert Park Circuit.
8.15 **Ted's Notebook**
8.45 **Carlos Sainz & the Lie Detector**
9.00 **Formula 1** Highlights from the 2025 Australian Grand Prix. **10.00** Action from the 2025 Chinese Grand Prix. **11.00** Highlights of the 2025 Japanese Grand Prix.
12.00 M'T **to 6.00** AM **Formula 1**

Friday

9 January

Evening Planner

Drama

Nuremberg

Sky Premiere, 12.20pm & 8pm

Rami Malek is the psychiatrist assessing the mental health of Nazi leaders ahead of the war trials in this fact-based drama.

Drama

Father Brown

BBC1, 2pm (box set, BBC iPlayer)

Mark Williams returns as the priest-sleuth, with Sinead Cusack making a special guest appearance as Mrs McCarthy.

OnDemand

Disney+

A Thousand Blows

Available today

As the Victorian drama returns, Sugar (Stephen Graham) is on the streets after fighting his brother.

OnDemand

NETFLIX

People We Meet on Vacation

Available today

Emily Bader stars in this adaptation of Emily Henry's best-selling romantic novel.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Would I Lie to...	8.00 The Traitors		9.05 The Traitors...	9.30 Amanda &...	10.00 News; Local News	10.40 Graham...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Gardeners' World		9.00 Mystery Road: Origin		10.00 QI	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Millionaire Hot...	8.00 Emmerdale	8.30 Coronation...	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Can You Make £10K in 10 Days?		9.00 The Big Fat Quiz of Telly			
	105 5	7.00 The Ritz: The World's Most Famous...		8.00 Tom Read Wilson's Magnificent Journey		9.00 Jane McDonald: From Pole to Pole		10.00 When Luxury Cruising Goes Wrong	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Shakespeare		9.00 Never Mind the Buzzcocks		10.00 Dynamo: Beyond Belief	
ENTERTAINMENT	115 BBC3	7.05 SpongeBob...	7.30 Waterloo Road				9.30 Film: The Hunger Games		
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1982	8.30 TOTP: 1987	9.05 TOTP: 1976		10.05 Rod Stewart: Radio 2 in Concert	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Film: Bridesmaids			
	136 MORE4	◂ 6.55 Car S.O.S.	7.55 The Dog House			9.00 24 Hours in A&E			
	135 E4	◂ 6.30 Football: AFCON – Live: Coverage of the second quarter-final (Kick-off 7.00)				9.15 The Inbetweeners			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 House of the Dragon			
	110 U&GOLD	◂ 6.40 Open...	7.20 Dad's Army	8.00 The Good Life			9.20 Men Behaving Badly		10.30 The Good Life
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Foyle's War	
	120 ITV4	◂ 5.15 Arc Racing League – Live: Coverage from Wolverhampton				9.00 Ice Road Truckers		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Out of Order	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	113 SKY MAX	7.10 Stargate SG-1		8.15 Never Mind the Buzzcocks		9.00 An Idiot Abroad		10.00 A League of Their Own: European...	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 I, Jack Wright	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Madness: Live at House of Common			10.30 The Specials...
	132 U&W	7.00 My Kitchen Rules: South Africa		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Gold Rush		9.00 Expedition Files		10.00 Animals on Drugs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Ami	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Film: The Tale of Silyan	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 History of the Tank			10.15 Human Torpedoes of WW2
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 'Allo 'Allo!					10.30 Bangers & Cash
	121 SKY DOCS	◂ 6.00 I Am Burt Reynolds		8.00 Murder at the Post Office		9.00 Music Box: Counting Crows			
FILMS - Sky Cinema	301 PREMIERE	◂ 5.10 Mission: Impossible – The Final...		8.00 Nuremberg					10.30 28 Years Later
	302 BLOCKBUSTERS	◂ 5.35 The Amazing Spider-Man 2		8.00 Fast & Furious 5				10.15 Dunkirk	
	303 SCIENCE FICTION	◂ 6.00 Back to the Future Part III		8.00 The Matrix					10.20 Edge of Tomorrow
	304 GREATS	◂ 5.50 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	305 ANIMATION	◂ 5.40 Dog...	7.20 Cloudy with a Chance of Meatballs			9.00 Cloudy with a Chance of Meatballs 2			
	306 FAMILY	◂ 6.00 Babe	7.45 Monster Trucks				9.40 Spider-Man 2		
	307 ACTION	◂ 5.30 Furiosa: A Mad Max Saga		8.00 Jurassic Park				10.15 Streetfighter	
	308 COMEDY	◂ 6.20 13 Going on 30		8.00 It's Complicated				10.05 Daddy's Home 2	
	309 THRILLER	◂ 6.10 Black Bag		8.00 Nightcrawler				10.00 American Gangster	
	310 DRAMA	◂ 6.05 Burning an Illusion		8.00 I, Tonya				10.15 Fifty Shades of Grey	
	311 HORROR	◂ 6.05 Annabelle: Creation		8.00 The Crazies			9.50 Abigail		
	313 FILM4	◂ 6.20 A Knight's Tale				9.00 The Last Stand			
SPORT	401 MAIN EVENT	7.00 The Transfer Show		8.00 Sports Centre				10.00 News at Ten	10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Big Interview	8.30 PL Stories	9.00 PL Review		10.00 Big Interview	10.30 PL Stories
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Goals		8.30 Bundesliga...	9.00 EFL Cup Highlights			10.15 EFL Highlights
	405 CRICKET	7.00 Big Bash League		8.00 SA20				10.00 WPL	
	410 TNT SPORTS 1	7.00 PL Review		8.00 Classic Premier League		9.00 Formula E World Championship...		10.00 Formula E World Championship – Live	
	411 TNT SPORTS 2	◂ 6.00 Football Is for Everyone...		8.00 Cricket Reload	8.30 PL Netbusters	9.00 Isuzu UTE A-League		10.00 The Edge	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** New edition A nightmare cruise. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **NEW SERIES Father Brown** *The Good Refuge:* 1/10. Mrs McCarthy returns to Kembleford. (S13) (S)(AD) ■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)
3.45 **Garden Rescue** (S)(R)
4.30 **The Travelling Auctioneers** New edition A house packed with generations of memories. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 The Graham Norton Show

7 PM

7.00 **The One Show** Angellica Bell and JB Gill present the topical show. (S)
7.30 **Would I Lie to You?** New edition 2/10. Guest panellists Dianne Buswell, Bob Mortimer, Jamelia and Mark Chapman join the regulars. (S)

8 PM

8.00 **The Traitors** New edition 6/12. As the game reaches the half-way point, it remains to be seen whether the Faithfuls are successfully inching closer to uncovering the Traitors. (S)(AD)

9 PM

9.05 **The Traitors: Uncloaked** New edition 6/12. Ed Gamble and his guests discuss the latest developments. (S)(AD)
9.30 **Amanda & Alan's Greek Job** New edition 2/8. Amanda takes Alan to Paxos. (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host catches up with Hollywood actors Chris Pratt and Cynthia Erivo, as well as comedians Dawn French and Rob Beckett. Plus, singer-songwriter Jack Savoretti provides the music. (S)
11.30 **FILM Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse, Bill Hader and Seth Rogen. (S)(AD) (2007, 15, 105min) ★★★★
1.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Lost and Found in the Lakes**
6.30 **Garden Rescue** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Brainbox Challenge** (S)(R)
2.15 **Hidden Treasures of the National Trust** Double bill. (S)(R)(AD)
4.15 **Natural World: Meet the Moose Family** Documentary. (S)(R)(AD)
5.15 **Flog It!** From Haddon Hall. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Huge Davies, Amy Dowden, Humphrey Ker and Jamie-Lee O'Donnell. (S)
6.30 **Robson Green's Weekend Escapes** New edition Robson and his brother David visit a farm near Hexham. (S)

9.00 Mystery Road: Origin

7.00 **Celebrity Antiques Road Trip** Actor and comedian Les Dennis and former *EastEnders* star Nitin Ganatra search for items in the north-west of England, with the help of David Harper and Irita Marriott. (S)(R)

8.00 **NEW SERIES Gardeners' World** 1/4. In the first of four specials, Monty Don marks the start of a new gardening year. He reflects on memorable moments while transforming Longmeadow's jewel garden. (S)

9.00 **NEW SERIES Mystery Road: Origin** 1/6. Return of the Australian crime drama. In the year 2000, police detective Jay Swan relocates to his partner Mary's birthplace. (S2) (S)(AD)
9.55 **Saving Lives at Sea** (S)(R)(AD)

10.00 **QI** Host Sandi Toksvig and regular panellist Alan Davies are joined by Sam Campbell, Holly Walsh and Nabil Abdulrashid. (S)(R)
10.30 **Newsnight** (S)

11.00 **FILM PREMIERE The Old Oak** Ken Loach's drama starring Dave Turner. A kind pub landlord attempts to dissipate tensions in his small town between the locals and recently arrived Syrian refugees. (S) (2023, 15, 110min) ★★★★ *See review, page 27.*
12.50 AM **Sign Zone: Lucy Worsley's Victorian Murder Club** (S)(R)(AD)
1.50 **Sign Zone: The Million Pound Shaman Scam** (S)(R)(AD)
2.50 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
3.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** New edition David Dickinson and his dealers are in Port Sunlight on the Wirral, where one family's jewellery collection helps pay for a trip on the *Orient Express*. (S)
3.00 **Time Is Money** New edition Quiz show hosted by Sara Davies. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Denise takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

10.45 Shaun of the Dead

7.30 **Millionaire Hot Seat** New edition Quiz show hosted by Jeremy Clarkson in which six new contestants race against the clock, answering questions as they hope to climb the Money Ladder. (S)

8.00 **Emmerdale** Paddy's news gets worse, and a body lies undiscovered. (S)(AD)
8.30 **Coronation Street** With surprises emerging from the past, the aftermath of the crash sends further shockwaves through the street. (S)

9.00 **Beat the Chasers** Bradley Walsh hosts as five contestants take on the Sinnerman, the Beast, the Governess, the Menace, the Vixen and the Dark Destroyer, arguably the greatest quiz team in the world. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Shaun of the Dead** Horror comedy, a tribute to the classic George A Romero zombie trilogy, starring Simon Pegg, Kate Ashfield and Nick Frost. A jaded shop assistant sets out to save his family and friends when north London is invaded by zombies. (S)(AD) (2004, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Millionaire Hot Seat** (S)(R)
12.45 **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Actor Paterson Joseph joins the hosts. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 15-17/26. (S5) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S7) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In France, Nichola and Roy open the doors to their first ever B&B guests. (S)
5.00 **Junior Bake Off** New edition It's the final day for the heat one bakers as they take on Pastry Day. Hosted by Harry Hill. (S)(AD)
6.00 **A Place in the Sun** New edition Laura Hamilton helps a couple who are searching for a holiday home in southern Tenerife. (S)

9.00 Big Fat Quiz of Telly

7.00 **News** (S)

8.00 **NEW Can You Make £10K in 10 Days?** Scarlett Moffatt puts side hustles to the test to see which can make maximum profit with minimal effort to offer viable streams of extra income for cash-strapped people. (S)(AD)

9.00 **NEW Big Fat Quiz of Telly** Jimmy Carr acts as quizmaster as Harry Hill, Judi Love, Tom Allen, Joanne McNally, Sam Campbell and Susan Wokoma compete to see who knows the most about past and present TV shows. Charles Dance, the children of Mitchell Brook Primary School and a host of celebrities help Jimmy to ask the big questions. (S)

11.00 **Taskmaster's New Year Treat** 1&2/2. Big Zuu, Jill Scott, Rose Ayling-Ellis, Sam Ryder and Susie Dent take part. (S)(R)(AD)
1.00 AM **FILM In Bruges** Dark comedy thriller with Colin Farrell, Brendan Gleeson and Ralph Fiennes. (S) (AD) (2007, 18, 105min) ★★★★
2.45 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
3.35 **Find It, Fix It, Flog It** (S)(R)
3.55 **to 6.15** AM **Four in a Bed** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Madame Blanc Mysteries** 5/6. Caron enlists Jean and Dom's help when a valuable relic from the local church is stolen. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition In Estepona, Susie and her rescue team battle torrential rain to keep their 170 dogs safe and dry. (S)
5.00 **News** (S)
6.00 **Secrets of the Royal Palaces** Featuring behind-the-scenes tales of palace retreats. (S)(R)
6.55 **News** (S)

8.00 Magnificent Journey

7.00 **The Ritz: The World's Most Famous Hotel** Uncovering the history and the secrets of a hotel that's been 'putting on The Ritz' for nearly 120 years. (S)(R)
7.55 **News** (S)

8.00 **Tom Read Wilson's Magnificent Journey** New edition 2/3. Having travelled across the Alps, Tom finds solace in the beauty of Lake Como, before donning a glittering mask for the Venice Carnival. (S)

9.00 **Jane McDonald: From Pole to Pole** New edition 2/6. The singer braves the wild South Atlantic, relaxes with 10,000 penguins, and belts out a tune in one of the planet's most remote spots. (S)

10.00 **When Luxury Cruising Goes Wrong** Interviews with people whose luxury cruises ended in disaster, including the story of a family on a voyage around the Gulf of Mexico when the ship caught fire. (S)(R)

11.35 **The Greatest Hits of 70s Pop** Featuring Rod Stewart, Billy Joel and The Buggles. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Your Dream Kitchen for Less**
3.50 **World's Most Scenic River Journeys** River Suir. (S)(R)
4.40 **The Wonderful World of Chocolate** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate SG-1** (S5) (S)(R)
11.00 **Deep Dive North America** (R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S9) (S)(R)
3.00 **S.W.A.T.** 14/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **The Simpsons** *22 for 30:* Bart goes from delinquent to star basketball player at Springfield Elementary. (S)(R)
5.30 *There Will Be Buds:* Homer coaches the kids' lacrosse team. (S)(R)
6.00 **The Office (US)** 5/25. Andy invites his former a cappella group to perform. (S)(R)
6.30 6/25. Dwight appears on a radio show. (S9) (S)(R)

9.00 Never Mind the Buzzcocks

7.00 **The Simpsons** *A Father's Watch:* Grampa gives Bart a special watch that was passed down by his own father. (S)(R)
7.30 *The Caper Chase:* Mr Burns decides to open his own university. (S)(R)

8.00 **Rob & Romesh vs Shakespeare** 4/6. The comedians prepare to perform in *Romeo and Juliet* at Shakespeare's Globe, with advice from actors Jessie Buckley and Martin Freeman. (R)

9.00 **Never Mind the Buzzcocks** Greg Davies hosts a special 1980s-themed edition, with Martin Fry, Debbie Gibson and Judi Love joining guest team captains Pepsi & Shirlie, and regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.00 **Dynamo: Beyond Belief** 1/3. Documentary following the magician on tour around the globe as well as charting his road to recovery from a career-threatening illness brought on by Crohn's disease. (S)(R)(AD)

11.00 **Dynamo: Beyond Belief** 2/3. The magician faces difficulties as his medication begins to take hold. (S)(R)(AD)
12.00 M'T 3/3. The magician tests a new medicine. (S)(R)(AD)
12.55 AM **Sex and the City** (S)(R)
2.05 **Brit Cops: Frontline Crime UK**
3.00 **S.W.A.T.** 14/21. (S3) (S)(R)(AD)
4.00 **NCIS: Los Angeles** (S13) (S)(R)
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-8.00pm Farm 999 New edition (S) **10.40** Would I Lie to You? New edition (S) **11.10** The Graham Norton Show New edition (S) **12.00m't FILM** Superbad (S)(AD) (2007, 15, 110min) ★★★★ **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Vanished Wales New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cwpwrdd Epic Chris **12.30** Heno **1.00** Cymry ar Gynfas **1.25** Y Cyfweliad **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.15** Y Deis **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Sean Fletcher: Cyfrinachau'r Llong **8.55** Newyddion a'r Tywydd **9.00** Y Crwydryn **10.35-11.40pm** Priodas Pum Mil

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **SpongeBob SquarePants** Patrick leads a stranger on a tour of his favourite places. **7.15** SpongeBob is stuck on the roof of the Krusty Krab.
7.30 **Waterloo Road** 1/8. New deputy head Darius causes chaos by welcoming excluded pupils to the school. **8.30** 2/8. Portia is humiliated when her new romance turns sour. (S17)
9.30 FILM **The Hunger Games** Sci-fi adventure based on the novel by Suzanne Collins, starring Jennifer Lawrence. In a nightmarish future America, a plucky 16-year-old girl volunteers to take her sister's place in a savage televised tournament. (2012, 12, 136min) ★★★★
11.40 FILM **The Hunger Games: Catching Fire** Fantasy adventure sequel starring Jennifer Lawrence. (2013, 12, 146min) ★★★★
1.55 AM **Smoggie Queens**
2.25 **to 3.55** AM **Confessions of a Steroid Gang**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun: Home or Away** A couple are shown properties in the Cotswolds and Lanzarote.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to transform a Lexus IS200 into a full-blown drift car.
6.55 **Car S.O.S** Fuzz and Tim restore a Datsun 240k Skyline, a Japanese classic.
7.55 **The Dog House** Members of the Fullagar family get more than they bargained for when they are introduced to father and daughter, Pepe and Tink – who cannot be separated.
9.00 **24 Hours in A&E** A 27-year-old woman is brought in after suffering a severe epileptic fit.
10.00 **24 Hours in A&E** The lengths staff go to in the line of duty, with patients including Joe, who is rushed in after being accidentally stabbed in the thigh.
11.05 **999: On the Front Line** Paramedics help a 71-year-old who suffered a broken ankle after being knocked off his bike by a dog.
12.10 AM **The Gulf** 2/8. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** With Another Level, 3 Colours Red, Juliet Roberts and 911. **7.30** Featuring Terrorvision, Steps, Gay Dad, The Offspring and Sebadoh.
8.00 **TOTP: 1982** Music by Alton Edwards, Mobiles, Shakatak and The Human League.
8.30 **TOTP: 1987** Featuring Swing Out Sister, Steve 'Silk' Hurley and Lionel Richie.
9.05 **TOTP: 1976** Performances by Marmalade, Billy Ocean, 10cc and The Miracles. **9.35** With the Brotherhood of Man, ABBA, Fox, Diana Ross and John Miles.
10.05 **Rod Stewart: Radio 2 in Concert** A 2013 performance at the BBC Radio Theatre by the singer.
11.05 **Rod Stewart at the BBC** A selection of the much-loved singer's performances.
12.05 AM **Rod Stewart at the BBC: Volume 2**
1.05 **Rod Stewart Live at Hyde Park** A 2015 concert.
2.05 **TOTP: 1999** Double bill.
3.05 **to 3.40** AM **TOTP: 1982**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **The Simpsons**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **The Simpsons**
3.00 **The Goldbergs**
3.30 LIVE **Football: AFCON** The opening quarter-final from Tangier Grand Stadium, Morocco. Kick-off is at 4.00.
6.30 LIVE **Football: AFCON** Coverage of the second quarter-final at Prince Moulay Abdellah Stadium in Rabat, Morocco. Kick-off is at 7.00.
9.15 **The Inbetweeners** 5/6. Will is left home alone when his mother goes away. **9.50** 6/6. Last episode. Will organises a camping trip for his friends before they go their separate ways. (S3) **10.30** 1/6. First episode of the comedy starring Simon Bird, Joe Thomas, James Buckley and Blake Harrison. **10.55** 2/6. The lads play truant and buy alcohol for an all-day drinking session. (S1)
11.25 **Naked Attraction's Best Naughty Bits**
12.30 AM **Naked Attraction**
1.30 **First Dates**
2.35 **The Inbetweeners**
3.40 **Brooklyn Nine-Nine**
4.35 **to 6.00** AM **The Simpsons**

+1 hr 235/236 | 306 | 30 | 123 | 256

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Nothing to Declare UK**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **FBI** 10/22. A string of jewellery robberies leads the team to a 16-year-old boy. (S4)
1.00 PM **The Rookie** 10/22. Nolan wonders whether he and Bailey still have a future. (S4)
2.00 **Send in the Dogs**
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

8.00 Law & Order: Criminal...

7 PM

7.00 **Police 24/7** A double homicide at a hotel leaves officers looking for a suspect on the loose.

8 PM

8.00 **Law & Order: Criminal Intent** *Privilege:* 12/22. Goren suspects a woman's rich family were involved in her murder.

9 PM

9.00 **Law & Order: Criminal Intent** *Albatross:* 13/22. A New York mayoral candidate's husband is suspected of murder. (S6)

10 PM

10.00 **Matlock** *The Before Times:* 1/16. Matty questions the paternity of the man claiming to be Alfie's father. (S2)
11.00 **The Rookie** 3/14. (S3)
12.00 M'T **Law & Order: Criminal...**
1.00 AM **FBI** 10/22. (S4)
2.00 **Law & Order: Organized Crime** 3/13. (S4)
3.00 **The Good Doctor** 7/18. (S5)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
7.00 **The Guest Wing**
8.00 **Boardwalk Empire** (S1)
10.10 **The Sopranos** (S1)
12.20 PM **Game of Thrones** (S1)
2.30 **The Wire** 9&10/13. (S1)
4.40 **Westworld** 5/10. The Man in Black has an unlikely ally. (S1)
5.45 **Deadwood** 5/12. The trial of Jack McCall continues, and the jury retire to mull over the evidence they have heard. (S1)
6.50 **Game of Thrones** 9/10. Ned faces a fateful decision to save Sansa's life. (S1)

10.10 The Sopranos

7.55 **Game of Thrones** *Fire and Blood:* 10/10. Robb's bannermen make a declaration, while Catelyn confronts Jaime Lannister about Bran's fall. (S1)

9.00 **House of the Dragon** *The Green Council:* 9/10. Members of the Great Houses are asked to affirm their allegiance.

10.15 **House of the Dragon** *The Black Queen:* 10/10. Rhaenyra holds the realm together while Daemon prepares for war. (S1)
11.30 **Deadwood** As 5.45pm.
12.35 AM **Game of Thrones** (S1)
2.40 **Game of Thrones** 1/10. Robb Stark marches south to avenge his father.
3.50 2/10. Theon is finally reunited with his father. (S2)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 4/20. (S8)
9.00 **Stargate SG-1** (S5)
11.00 **SEAL Team** 3/10. (S6)
12.00 NOON **The Flash** 5/20. (S8)
1.00 PM **Hawaii Five-0** (S9)
3.00 **S.W.A.T.** 14/21. (S3)
4.00 **NCIS: Los Angeles** 2/22. (S13)
5.00 **SEAL Team** 2/10. Bravo are deployed in Russian-controlled territory. (S6)
6.05 **Stargate SG-1** 17/22. Part two of two. Jackson is enslaved by the Goa'uld and tries to destroy the System Lords. (S5)

10.00 A League of Their Own

7.10 **Stargate SG-1** *The Warrior:* 18/22. A Jaffa leader tries to form an alliance with Earth against the Goa'uld. (S5)

8.15 **Never Mind the Buzzcocks** Guests Joe Wilkinson, Aitch and Self Esteem take part.

9.00 **An Idiot Abroad** 1/8. Ricky Gervais and Stephen Merchant send Karl Pilkington on a world tour, beginning in China.

10.00 **A League of Their Own: European Road Trip** 1/6. Andrew Flintoff and Jamie Redknapp hit the road for a series of challenges.
11.00 **Fear the Walking Dead** 5/15. Against all odds, Madison and Nick try to save their loved ones. (S2)
12.00 M'T **Mr Bigstuff** 3-6/6. (S2)
2.00 AM **Brit Cops: Frontline Crime UK** Documentary.
3.00 **S.W.A.T.** 14/21. (S3)
4.00 **NCIS: Los Angeles** (S13)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Olivia and Alex: Parenthood**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Bridesmaids

7.00 **Deal or No Deal** Stephen Mulhern hosts as Mickelle takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The Real Housewives of Orange County** Gina is caught between Katie and Heather after the paparazzi allegations.

9.00 **FILM Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman tries to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. (2011, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Family Guy** 10/21. Three fairy tales are retold. (S12)
12.05 AM 17/22. (S11)
12.35 **American Dad!** (S13&18)
1.30 **Bob's Burgers** 4/22. (S12)
1.55 **Olivia Attwood's Bad Boyfriends**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.05 **Inspector Morse**
11.15 **Heartbeat** Double bill.
1.20 PM **Foyle's War** *Eagle Day:* Foyle's son disappears.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.45 **Heartbeat** *Services Rendered:* Peggy gets into trouble again when a batch of illegal cigarettes turn out to contain an unexpected ingredient.

8.00 Doc Martin

6.55 **Heartbeat** *Bin Man:* Gina makes a gruesome discovery, and Peggy acquires a freezer for her latest business venture.

8.00 **Doc Martin** *Going Bodmin:* 1/6. First episode. An eminent surgeon takes a job as a GP in a sleepy Cornish village.

9.00 **Doc Martin** *Gentlemen Prefer:* 2/6. The medic tries to dissuade the locals from using his surgery as a drop-in centre. (S1)

10.00 **Foyle's War** *Fifty Ships:* Foyle investigates a corpse found on the beach, bringing him into conflict with attempts to secure American aid for the war effort.
11.55 **Trial & Retribution** 1/2. Cassie Booth goes missing while doing her local paper round, and her blood-stained clothes are later found. (S3)
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Championship** Ross County v Partick Thistle: All the action from the second-tier match at Global Energy Stadium. Kick-off is at 7.45.
10.00 **Still Game** *Hyper:* 5/7. A corporate giant puts Navid's supermarket under threat and, as people flock to the new competition, the loyalty of his regular customers is put to the test. (S6)
10.30 **Two Doors Down** 1/6. First episode of the comedy starring Arabella Weir and Alex Norton. Eric leaves the freezer door open. (S1)
11.00 PM **to 12.00** M'T **Susie McCabe: Femme Fatality** A stand-up show at the King's Theatre in Glasgow.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Ballers** 7&8/10. (S1)
10.15 **Sex and the City** (S5)
11.25 **Entourage** (S7)
12.30 PM **Will & Grace** (S3)
1.30 **Sex and the City** (S6)
2.45 **Ballers** 9&10/10. (S1)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S9)
5.45 **Will & Grace** (S3)
6.45 **Community** 9/25. Jeff and Annie compete.
7.15 10/25. Troy and Abed lose their subject for a science project. (S1)
7.45 **Sex and the City** 1/20. Carrie's date with Jack Berger draws near.
8.20 2/20. Miranda gets a video recorder. (S6)
9.00 **Tracey Ullman: Live & Exposed** Stand-up show.
10.25 **And Just Like That...**
11.10 **Community** (S1)
12.10 AM **Entourage** (S7)
1.25 **Ballers** 9&10/10. (S1)
2.45 **Curb Your Enthusiasm**
4.20 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Jonas Kaufman at Arena di Verona**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Battle of the Irish Dancers**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **From the Vaults**
9.00 **Madness: Live at House of Common**
10.30 **The Specials: Live from Coventry Cathedral**
12.05 AM **Pauline Black: A 2-Tone Story**
2.00 **Greatest Albums Live**
3.00 **Classic Albums**
4.00 **Inside Art**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S4)
5.00 **Stargate SG-1** (S1)
6.00 **Star Trek: Voyager** (S5)
7.00 **Star Trek: The Next Generation** *The Quality of Life:* 9/26. Data believes a new life-form is emerging. (S6)
8.00 **Star Trek: Deep Space Nine** *Once More Unto the Breach:* 7/26. A Klingon hero joins a dangerous mission. (S7)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 10/22. (S4)
12.00 M'T **Wynonna Earp** (S2)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: War on Crime**
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz.
5.00 **Deal or No Deal**
6.00 **Lingo** Siblings from the West Midlands, friends from Rickmansworth and two pals from London and Bradford take part.
7.00 Two friends from Gloucestershire and Buckinghamshire, and two sets of sisters from Bradford and Manchester compete.
8.00 A mum and daughter team from Lancaster, mates from the West Midlands, and a couple from Derby and London take part.
9.00 **Alan Carr's Epic Gameshow** An updated version of *Strike It Lucky*.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Born and Bred** (S3)
9.00 **Highway to Heaven**
10.00 **Little House on the Prairie** (S4)
1.00 PM **The Waltons** (S1)
3.00 **Born and Bred** (S3)
4.10 **Down to Earth** (S4)
5.20 **Doctor Finlay** 5/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 13-15/26. Triple bill of the comedy. (S7)
9.00 **FILM Double Jeopardy** Thriller starring Ashley Judd and Tommy Lee Jones. Framed for her husband's murder, a woman discovers that her spouse is alive and has absconded with their young son. With Bruce Greenwood. (1999, 15, 105min) ★★★
11.20 **Born and Bred** (S3)
12.20 AM **Down to Earth** (S4)
1.35 **Rumpole of the Bailey**
2.25 **Home to Roost** (S4)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.20 **Magnum, PI**
9.20 **Kojak**
10.25 **Boon**
11.35 **The Professionals**
12.35 PM **Robin of Sherwood**
1.50 **Magnum, PI**
2.55 **Kojak**
4.00 **Boon** *Something Old, Something New.*
5.15 **LIVE Racing: Friday Night Live** Megan Nicholls presents coverage of the first event of the series from Wolverhampton.

4.00 Boon

LIVE Racing: Friday Night Live (started at 5.15pm)

8.45 **British Touring Cars** A look at some of the biggest crashes from the past 15 years.
9.00 **Ice Road Truckers** Hugh Rowland sees a chance to overtake Eric Dufresne in the league table of total hauls.
10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring the likes of Jon Moxley and Chris Jericho.
12.10 AM **Dark Side of the Ring** The 'Montreal Screwjob', one of wrestling's most infamous off-script moments.
1.05 **The Professionals**
2.00 **to 3.00** AM **Minder**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 26/26. (S4)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 1/26. (S5)
2.00 **Primeval** 3&4/6. (S5)
4.00 **Star Trek: Enterprise** 15/22. Dr Phlox is kidnapped. (S4)
5.00 **Stargate SG-1** 11/22. (S1)
6.00 **Star Trek: The Next Generation** 26/26. Part one of two. Civil war threatens the Klingon empire. (S4)

6.00 Star Trek: The Next...

7.00 **Star Trek: Deep Space Nine** *Apocalypse Rising:* 1/26. The crew enter Klingon territory on a dangerous mission. (S5)
8.00 **Stargate SG-1** *The Torment of Tantalus:* 11/22. A botched rescue attempt leaves Daniel and the crew trapped. (S1)
9.00 **Grimm** *Lycanthropia:* 14/22.Nick and Hank stumble upon a terrifying Wesen disease. Guest stars Ann Cusack.
10.00 **Grimm** *Skin Deep:* 15/22. Nick and Hank suspect Wesen involvement after a beautiful woman ages 70 years overnight. (S5)
11.00 **Wynonna Earp** 5/13. Wynonna gets help in her quest to track down the demons behind her sister's death. (S1)
12.00 M'T **The Swarm** 5/8. Johanson travels to Shetland. (S1)
1.00 AM **Primeval** 3&4/6. (S5)
3.00 **Wynonna Earp** As 11.00pm.
4.00 **The Swarm** As 12.00m't.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S9)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 19/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 5/13. (S1)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S9)
4.00 **The Mentalist** 19/22. (S5)
5.00 **Hudson & Rex** 11/16. Charlie and Rex receive an award for heroism. (S4)
6.00 **Father Brown** *The Hidden Man:* The sleuth's friendship with Flambeau is tested.

10.00 I, Jack Wright

7.00 **Miss Fisher's Murder Mysteries** *Raisins and Almonds:* 5/13. A young man's body is found in a bookshop. (S1)
8.00 **Death in Paradise** *Spot the Difference:* 5/8. A prisoner is stabbed to death while handcuffed to Richard. (S1)
9.00 **Death in Paradise** *An Artistic Murder:* 3/8. Humphrey and the team investigate the shooting of Fidel's old friend. (S3)
10.00 **I, Jack Wright** *Every Single Penny:* 1/6. Murder mystery drama about the aftermath of a successful businessman's suicide. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 5/21. Margaret tries to join an elite philanthropy club, while Todd goes undercover. (S1)
1.00 AM **Death in Paradise** (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
8.45 **Dad's Army**
9.25 **Are You Being Served?**
10.05 **Open All Hours**
10.45 **Keeping Up Appearances**
11.25 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Dad's Army**
2.40 **Are You Being Served?**
3.20 **Open All Hours**
4.00 **Ever Decreasing Circles**
4.40 **Last of the Summer Wine**
6.00 **Keeping Up Appearances**
6.40 **Open All Hours**

4.40 Last of the Summer Wine

7.20 **Dad's Army** The platoon have their hands full with two German prisoners and the arrival of a suspicious Polish captain.
8.00 **The Good Life** Tom discovers oil in his garden. **8.40** Margo installs a burglar alarm, but Tom and Barbara claim they have nothing left worth stealing.
9.20 **Men Behaving Badly** First episode of the sitcom starring Martin Clunes. **9.55** Flatmates Dermot and Gary get serious over a chess contest in which the victor gains an evening of pleasure.
10.30 **The Good Life** As 8pm.
11.10 **The Good Life** As 8.40pm.
11.50 **Men Behaving Badly**
12.55 AM **The Good Life**
2.20 **Men Behaving Badly**
2.50 **Keeping Up Appearances** Daisy tries to get Onslow to behave more ardently.
3.20 **to 4.00** AM **Open All Hours**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: The Reassembler** A food mixer.
8.00 **Border Force: America's Gatekeepers** Documentary.
9.00 **Guy Martin's D-Day Landing**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** From Catania, Sicily.

7.40 House of Games

7.00 **Would I Lie to You?** With Susan Calman, Carol Kirkwood, Richard Osman and David O'Doherty.
7.40 **Richard Osman's House of Games** With Martin Roberts and Milton Jones. **8.20** With Mathew Horne, Alex Beresford, Martel Maxwell and Chloe Petts
9.00 **QI XL** Maisie Adam, Kiri Pritchard-McLean and Jack Dee join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Jon Richardson hosts the satirical quiz, with Joan Bakewell and Phil Wang.
11.00 **Taskmaster** In the series finale, Noel Fielding finds an unlikely soul mate, and Lolly Adefope shows the money.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.35 **to 4.00** AM **Gadget Man**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **A Place in the Sun** Four editions.
3.30 PM **Come Dine with Me**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
7.30 **The Great Pottery Throw Down** Siobhán McSweeney returns with the pottery challenge.
9.00 **Gogglebox** Appraisals of *Gladiators*, *The White Lotus* and *The Apprentice*.
10.05 **Gogglebox 2025** The best TV shows of 2025.
11.35 **FILM Friends with Benefits** Romantic comedy with Mila Kunis and Justin Timberlake. (2011, 15, 105min) ★★★
1.45 AM **First Dates Beach Club** Reality series.
2.50 **Taskmaster's New Year Treat**
3.50 **to 4.50** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Murder, She Wrote**
12.00 NOON **Law & Order**
4.00 PM **NCIS** Five episodes of the series, including at: **6.00** *Heartless:* 8/10. The team investigate the abduction and murder of a heart surgeon. **7.00** *Prime Cut:* 9/10. The team interrogate the suspected killer of a Marine captain. **8.00** *Reef Madness:* 10/10. Three bodies are found on an ship. (S21)
9.00 **Person of Interest** *The Devil You Know:* 9/22. Elias is targeted by the ambitious leader of the Brotherhood. **10.00** *The Cold War:* 10/22. Samaritan takes control of New York. (S4)
11.00 **Law & Order: Special Victims Unit** (S17&16)
2.40 AM **Sight Unseen** New episode 4/10. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Cats and Dogs at War** Double bill.
10.00 **22 Kids & Counting**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Sister Rachel battles resus.
9.00 **999: Critical Condition** A woman is rushed in when her heart stops.
10.00 **Trauma Room One** A patient is rushed to hospital in fear that she could become paralysed.
11.00 **Skin A&E**
12.00 M'T **Casualty 24/7: Every Second Counts**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **The Good Wife**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Traffic Cops**
10.15 **Police Interceptors**
12.20 PM **FILM Vengeance Valley** Western. (1951, PG, 83min) ★★
2.10 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
4.00 **The Motorway**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers pursue – by car and chopper – a group riding off-road.
9.00 **FILM U-571** World War Two submarine drama starring Matthew McConaughey. (2000, 12, 115min) ★★★
11.20 **Banged Up Abroad**
12.20 AM **World's Deadliest Weather: Caught on Camera** A wildfire.
1.25 **Ice Road Truckers**
2.25 **Trucking Hell**
3.25 **to 4.00** AM **Winter Road Rescue**

U&W

132/133 131/133 125 25 156 28

6.10 AM **DIY SOS: The Big Build Ireland**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **My Kitchen Rules: South Africa**
8.00 **Inside the Ambulance** The crews reassure a frightened elderly patient with a dislocated hip, and help an alcoholic.
9.00 **999 Rescue Squad** It's a race against time to dig out a man buried under three tonnes of soil. **10.00** A high-speed crash leaves a woman seriously injured and trapped in her car.
11.00 **Bradford on Duty**
12.20 AM **Louis Theroux: The Most Hated Family in America**
1.30 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **At Home with the Braithwaites**
8.20 **Doctors**
9.35 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Bergerac**
5.25 **One Foot in the Grave**
6.00 **To the Manor Born**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Missing Man:* The priest investigates a suicide. **9.00** *The Resurrectionists:* The priest investigates a case of body-snatching.
10.00 **New Tricks**
11.15 **Waking the Dead**
12.30 AM **Hotel Portofino**
1.40 **One Foot in the Grave**
2.25 **To the Manor Born**
2.55 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Tuscany.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Angus Ashworth: Yorkshire Heritage Hero**
4.00 **Long Lost Family**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
8.00 **Antiques Road Trip** The trek ends in Oxford with James searching sheds.
9.00 NEW SERIES **Unsellable Houses** Lyndsay and Leslie transform a 1960s house into an organic modern masterpiece.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Double bill.
11.00 **The Chase Celebrity Special** With Sarah Willingham, Shaun Ryder, Eddie Edwards and Michelle Dewberry.
12.00 NOON **The Chase**
2.00 PM **Bridge of Lies**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **The Chase** Quiz show.
5.00 **The Bidding Room** The dealers bid on a vintage fairground game.
6.00 **Tenable** Five members of a rounders team take on the Tenable tower.
7.00 Five Merseyside family members take part in the quiz show.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** Five football friends take part.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory** Western.
9.30 FILM **The 300 Spartans** Wartime adventure. (1962, PG, 113min) ★★★
12.00 NOON **The High Chaparral** 15/26. (S2)
1.00 PM FILM **Backlash** Western. (1956, PG, 84min) ★★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 FILM **Unleashed** Drama starring Jet Li. (2005, 18, 102min) ★★★
11.10 FILM **6 Bullets** Thriller. (2012, 15, 109min) ★★
1.35 AM **The Avengers**
2.35 **The New Avengers**
3.25 FILM **Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
4.50 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

7.00 AM **Police Ten 7**
7.25 FILM **Labour, Lies and Murder** (2022, U) ★★
9.10 **Murder, She Wrote**
10.10 **Unforgettable** (S2)
11.10 **Castle** 12/24. (S5)
12.10 PM FILM **Roux the Day** Drama. (2020, PG) ★★
2.05 FILM **White Hot** Drama. (2016, PG, 90min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 13/24. (S5)
8.00 **Unforgettable** (S2)
9.00 FILM **All That Glitters** Drama. (2014, PG) ★★
10.55 FILM **A Bundle of Trouble** Crime thriller. (2017, U, 85min) ★★
12.50 AM FILM **Fatal Defense** Thriller. (2017, 12) ★★
2.30 FILM **Nowhere To Be Found** (2019, PG) ★★
4.00 FILM **Kill Thy Neighbour** Thriller. (2018, 12) ★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Accidentally in Love** Romantic comedy. (2021, PG, 88min) ★★
10.20 FILM **Key to Love** Drama. (2023, U, 90min) ★★
12.20 PM FILM **Made for You, with Love** Romance. (2019, U, 85min) ★★
2.15 FILM **The Perfect Catch** Drama. (2017, PG) ★★
4.10 FILM **Let Love Grow** Drama. (2023, U) ★★
6.10 FILM **Rip in Time** Drama. (2022, PG, 84min) ★★
8.00 FILM PREMIERE **Love at Lookout Lake** Comedy starring Cait Moira. (2025, U, 89min) ★★
9.55 FILM **A Very Country Wedding** Drama. (2019, PG, 90min) ★★
11.55 FILM **The Wedding Arrangement** Drama. (2022, PG, 85min) ★★
1.45 AM **Highway to Heaven**
2.45 FILM **The Perfect Catch**
4.15 **to 5.00** AM **Highway to Heaven**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Top Secret Life of Edgar Briggs**
10.30 **Shine on Harvey Moon**
11.30 **The Fenn Street Gang**
12.00 NOON **The Lovers** (S1)
12.30 PM **The Dustbinmen**
1.00 **Wish Me Luck** (S3)
2.00 **The Champions**
3.00 **Shine on Harvey Moon**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Bubblegum & Cheese**
6.00 **The Top Secret Life...**
6.30 **The Fenn Street Gang**
7.00 **The Lovers** 5/6. (S1)
7.30 **The Dustbinmen** (S1)
8.00 **The Champions**
9.00 **Wish Me Luck** (S3)
10.00 FILM **Mardi Gras Massacre** (1978, 18) ★★
12.00 M'T **Stereo Underground**
1.00 AM **Star Maidens**
1.30 FILM **Queen of the Blues** (1979, 18) ★★
2.45 **Rewind & Remember**
2.55 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** Documentary.
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Ambulance** Chris and Lee look after a patient who has fallen from a horse in a remote rural location.
10.00 A call is received from a distressed woman whose husband is in cardiac arrest.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **James Martin's American Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **The Pioneer Woman**
9.00 **Jamie's Great Britain**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
5.00 **Jamie's Great Britain**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Man v Food with Casey Webb** Four editions of the series, including at:
10.00 Epic low country eats in Charleston.
10.30 In Sleepy Hollow.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
1.30 **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/27. (S4)
9.00 **The A-Team** 10/25. (S3)
10.00 **Charlie's Angels** (S4)
11.00 FILM **Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
1.00 PM FILM **The Phantom from 10,000 Leagues** Sci-fi horror. (1955, b/w, PG, 80min) ★★
2.35 FILM **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
5.00 **Star Trek** 20/30. (S1)
6.00 **Charlie's Angels** (S5)
7.00 **The A-Team** 11/25. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Mechanic: Resurrection** Thriller sequel. (2016, 15) ★★
11.00 FILM **Crank 2: High Voltage** Thriller sequel. (2009, 18, 91min) ★★
12.55 AM FILM **Southern Fury** Thriller. (2017, 18) ★★
2.55 **to 4.50** AM FILM **Jack's Back** Crime thriller. (1988, 18, 93min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Blood Beast Terror** Chiller. (1967, 12, 88min) ★
11.00 **Andromeda** 18/22. (S5)
12.00 NOON FILM **Sherlock Holmes** Crime drama. (2010, 12, 89min) ★★
2.00 PM FILM **Magma: Volcanic Disaster** Disaster movie. (2006, PG, 87min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
7.00 **Andromeda** 19/22. (S5)
8.00 **The Fall Guy** 3/23. (S1)
9.00 FILM **Gold** Thriller with Matthew McConaughey. (2016, 15, 120min) ★★★
11.20 FILM **Eye of the Tiger** Thriller. (1986, 18) ★
1.10 AM FILM **Assault on Station 33** Thriller. (2021, 15, 110min) ★★
3.00 FILM **7 Guardians of the Tomb** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Storage Hunters**
8.30 **Storage Wars: Texas**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Airport Security: USA**
12.10 PM **Seized at Sea**
1.05 **Pawn Stars**
2.05 **Storage Wars: Texas**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Pawn Stars**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New editions
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.00 **Airport Security: USA**
3.45 **Seized at Sea**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Alan Titchmarsh's Underdog to Superdog**
11.00 **Ben Fogle: New Lives in the Wild** In Uruguay.
12.00 NOON **World War I in Colour** Documentary
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.00 **Drain the Oceans**
6.00 **Digging Up Britain's Past** From Silchester.
7.00 **World War I in Colour**
8.00 **Ben Fogle: New Lives in the Wild** In Tuscany.
9.00 **Taggart** *Love Knot:* A body is dredged from the River Clyde.
10.40 **1976: Those Were the Days** Key events.
12.40 AM **Rich House, Poor House** Reality series.
1.40 **Rich Holiday, Poor Holiday** Reality series.
2.40 **Paul Martin's Antiques Showdown**
3.35 **to 4.00** AM **The Yorkshire Vet**

HGTV

158 153 191 44 149 40

7.00 AM **Home Town**
9.00 **100 Day Dream Home**
11.00 **My Lottery Dream Home International**
2.00 PM **Home Town**
3.00 **Celebrity IOU**
5.00 **100 Day Dream Home**
7.00 **Fixer to Fabulous** Dave and Jenny work to renovate and update a house while preserving its original charm.
8.00 Dave and Jenny transform a rustic cabin.
9.00 **My Lottery Dream Home International** Searching for a property with three bedrooms and outdoor space.
9.30 Laurence helps Charlotte and Moray search for a property.
10.00 **My Lottery Dream Home International**
11.00 **Home Town**
1.00 AM **Celebrity IOU**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **My Lottery Dream Home** Four editions.
9.00 **Curvy Brides Boutique**
11.00 **Flip or Flop**
12.00 NOON **Home Town**
1.00 PM **Say Yes to the Dress: Atlanta**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **Say Yes to the Dress: UK** Four editions.
7.00 **Dr Pimple Popper** Gerald returns to see Dr Lee about a huge bump.
8.00 Aman who has growths on his nose that impair his breathing.
9.00 **My 600lb Life**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Hoarding: Buried Alive** Documentary.
2.00 **My 600lb Life**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S4&5)
11.00 **Everybody Loves Raymond** (S4&5)
1.00 PM **Impractical Jokers**
2.00 **Friends** (S10&1)
7.00 **Friends** 5/24. Chandler and Phoebe make a pact.
7.30 6/24. Chandler dates a married woman.
8.00 7/24. Chandler is exposed to temptation.
8.30 8/24. The Gellers' grandmother dies. (S1)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Out of Order**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
12.50 AM **Drunk History**
1.50 **Demetri Martin: Person**
2.45 **Key & Peele**
3.30 **Reno 911!** 12/13. (S3)
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Takeshi's Castle**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S4&5)
7.00 **Everybody Loves Raymond** (S4&5)
9.00 **Michael McIntyre's Big Show** With Liam Payne.
10.00 **Friends** Four episodes of the comedy, including at:
11.30 4/18. Emma's first birthday arrives. (S10)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
4.30 **Spin City** (S4&5)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 1/11. (S7)
10.50 **Steptoe and Son** (S5)
11.30 **You Rang, M'Lord?**
12.30 PM **Rising Damp** (S1)
1.00 **Man About the House**
1.30 **Goodnight Sweetheart**
2.05 **When the Boat Comes In** 5/13. (S1)
3.10 **Minder** 5/11. (S1)
4.10 **Citizen Smith** (S1)
4.45 **Steptoe and Son** (S1)
5.20 **Some Mothers Do 'Ave 'Em** 5/7. (S1)
6.00 **That's 60s: Best Music**
6.05 **Cannon and Ball** (S9)
6.50 **Man About the House**
7.20 **Rising Damp** 5/7. (S1)
7.55 **Minder** 10/11. (S1)
9.00 **Benidorm** 5/7. (S7)
9.55 **Shameless** (S10)
10.55 **Minder** 10/11. (S1)
12.00 M'T **Benidorm** (S7)
1.00 AM **Shameless** (S10)
2.00 **Kenny Everett Show**
2.35 **Man About the House**
3.00 **Duty Free** 4/7. (S3)
3.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 10/14. (S5)
6.20 **Teen Mom 2**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: On the Run**
5.00 **Catfish: Worst Offenders** Reality series.
6.00 **Celebs on the Farm** No rest for the celebrity semi-finalists as they clean pig troughs.
7.00 After two weeks of mud, sweat and tears, the finalists give it one last push in the final.
8.00 **Teen Mom UK**
9.00 **Skin A&E** Dr Adil Sheraz treats a bus driver with over 100 lipomas.
10.00 FILM **The Snowman** Crime drama starring Michael Fassbender. (2017, 15, 109min) ★★
12.00 M'T **Ink Master: Angels**
1.00 AM **Geordie Shore: Why Aye Love You**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

9 January **Friday**

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Junkyard Empire**
9.00 **Gold Rush** Double bill.
11.00 **Kindig Customs: Road to the Ridler** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How Do They Do It?** Four editions, including at: **4.00** Floats for Mardi Gras. **4.30** Harvesting the world's most expensive tea.
5.00 **Alaska: Homestead Rescue** A family find their off-grid paradise threatened by destructive storms and pests.

5.00 Alaska: Homestead Rescue

7.00 **Wheeler Dealers World Tour** Having wanted to buy a Ford Cortina for 20 years, Mike finally finds a rust-free Mk2 in Malta.
8.00 **Gold Rush** Kevin recoils when Parker shows up to collect his money, and Parker discovers a wash plant is losing gold.
9.00 **Expedition Files** A look into whether the Mafia and government are co-conspirators.
10.00 **Animals on Drugs** Forrest Galante investigates the wild trend of bears breaking into people's homes.
11.00 **Expedition Unknown** Josh unearths artefacts from the Etruscans who ruled central Italy before being conquered.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Animals on Drugs**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** With Fernando Vargas.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats who need reining in. **4.00** Feline Einstein experiences mood swings.
5.00 **Lone Star Law** A shrimp boat makes a run for it.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor treats a Savannah cat with an unusual condition.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete is on a treehouse holiday to the pine forest glory of Scandinavia, starting with the magical TreeTop Hotel.
8.00 **Intruders** A single mother is hit by a series of animal invasions, and a deadly predator is targeting a family's pets.
9.00 **Alaska: The Last Frontier** Otto and his son Eivin bond over a hunt for ptarmigan that nearly ends in disaster.
10.00 **Alaskan Bush People: Book of Ami** Brown family matriarch Ami answers fan questions and shares her memories.
11.00 **The Haunted** A woman and her daughter see a ghostly man in military uniform.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Documentary.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above** New edition Agriculture.
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **World War II: The Apocalypse** D-Day footage.
1.00 PM **Aircrash: Disasters Uncovered** EgyptAir Flight 804.
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Draining Loch Ness: In Search of the Monster**
5.00 **Ice Road Rescue**
6.00 **Nazi Megastructures**

10.00 The Tale of Silyan

7.00 **Air Crash Investigation** When a cargo plane test flight ends in disaster, investigators uncover a series of failures.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Volkswagen Beetle that has dragged its owner into bankruptcy.
9.00 **Car S.O.S** Restoring a 1984 Audi UR Quattro owned by a man who has hopes of seeing the vehicle in its original state.
10.00 **NEW The Tale of Silyan** Documentary exploring the bond between a Macedonian farmer and an injured stork he nursed back to health.
11.40 **Toronto Airport Uncovered**
12.40 AM **To Catch a Smuggler**
2.10 **Lords of War**
2.40 **Abandoned**
3.10 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Pawn Stars Do America**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **Mysteries from Above**
1.00 PM **The Sound and the Fury**
3.00 **Secrets in the Ice** A discovery in a Swedish lake reveals shocking ancient practices.
5.00 **Pawn Stars** The team view circus sideshow banners and an autographed *Apollo10* book.
6.00 **American Pickers** The Wolfe brothers comb through an epic 27,000-square-foot hangar.

5.00 Pawn Stars

7.00 **Forged in Fire** The bladesmiths battle it out to recreate one of Japan's deadliest swords – the Nagamaki.
8.00 **History's Greatest Aircraft** The beginnings and amazing exploits of legendary British heavy bomber the Lancaster.
9.00 **History of the Tank** The story of the changing face of tank warfare over the past 100 years, including their first use in the Battle of Somme.
10.15 **Human Torpedoes of WW2** The Italian Navy's manned torpedoes of World War Two.
11.15 **The Invasion of Belgium** Documentary recalling the German invasion of Belgium.
12.30 AM **World's Most Unexplained** Theories about living the lives of others after death.
12.55 **American Pickers**
1.45 **History of the Tank**
2.55 **Pawn Stars Do America**
3.40 **Pawn Stars** As 5.00pm.
4.25 **to 6.00** AM **Secrets in the Ice**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Rise of the Nazis**
11.00 **True Evil: The Making of a Nazi** As shown at 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Rise of the Nazis** The Night of the Long Knives in 1934.
5.00 **True Evil: The Making of a Nazi** A profile of Albert Speer.
6.00 **Antiques Roadshow** From Castle Ward in Co Down.

8.00 'Allo 'Allo!

7.00 **Great Canal Journeys** Actors Timothy West and Prunella Scales follow the Oxford Canal through the Cherwell Valley.
8.00 **'Allo 'Allo!** Herr Flick interrogates Gruber about *The Fallen Madonna* with the Big Boobies. **8.50** The General finds the sausage and hangs it in his closet to cure. **9.30** Christmas special from 1986. The Resistance arrange a parade to provide a diversion so they can steal a plane.
10.30 **Bangers & Cash** Derek rubs shoulders with pop royalty when he picks up a Morgan sports car.
11.30 **Bangers & Cash: Restoring Classics** The team take on a modern day fast Ford to see if a 'quick flip' could make money. **12.30** AM A 1990s Alfa with issues lives up to its stereotype.
1.35 **Abandoned Engineering**
2.25 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Friday

Quest

144 149 137 12 144 17

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
3.00 **Find It, Fix It, Flog It**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth and his team perform house clearances.
9.00 **The Repair Shop** Items including a pair of football boots, a boxing trophy and a vintage globe are restored. **10.00** The team work to restore a painting of a Lebanese landscape.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Animal Cops Miami**
7.00 **Helicopter ER**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Helen Bailey.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Patty Hearst: The Crimes That Changed Us** In the 1970s, a radical group kidnaps heiress Patty Hearst.
10.00 **The Murder Tapes**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** Steve Keogh uncovers secrets in Terry Daddow's 1991 murder.
8.00 **Murder: Point of Contact** Cody Fisher was attacked and stabbed in the chest, a 37-second fatal assault.
9.00 **Cold Justice** New edition Kelly and Abbey investigate the 1999 murder of a beloved churchgoing mother.
10.00 **Prosecuting Evil with Kelly Siegler** Kelly shows how a crime may have happened.
11.00 **Bloodline Detectives**
1.00 AM **Murder: Point of Contact** As 8.00pm.
2.00 **Cold Justice**
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Bloodline Detectives** Police solve the cold case of Clare Holman. **3.00** The case of Janet Stallcup who vanished on her way to a party.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A community is rocked by the death of a nurse. **5.30** A woman's disappearance is paired with another case under similar circumstances. **6.00** A frozen body in sheets is found near Anchorage, Alaska. **6.30** A flight attendant's murder bears a similarity to a killing years before.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Stop, Search, Seize**
9.00 **Border Security USA**
10.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **What the Killer Did Next** Sabina Nessa.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Murder in the Valleys**
1.00 AM **World's Most Evil Killers** Jerry Brudos.
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **The Last Days of Anne Boleyn**
9.15 **Schindler: The Real Story** As 7.30pm.
10.55 **The Endurance**
1.00 PM **The Last Days of Anne Boleyn**
2.20 **Schindler: The Real Story** As 7.30pm.
4.10 **The Endurance**
6.15 **The Last Days of Anne Boleyn** A look at the circumstances of the execution of Henry VIII's second wife.
7.30 **Schindler: The Real Story** Exploring the real figure of Oskar Schindler.
9.15 **The Endurance** Sir Ernest Shackleton's expedition to Antarctica after the death of Robert Falcon Scott.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **The Last Days of Anne Boleyn** As 6.15pm.
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **Natalie Wood: What Remains Behind** Documentary.
12.00 NOON **I Am Patrick Swayze**
1.50 PM **My Icon: Shaun Gayle**
2.00 **Schmeichel**
4.00 **Discovering: Richard Dreyfuss**
5.00 **The Directors**
6.00 **I Am Burt Reynolds** Family and friends pay tribute to the iconic Hollywood actor.
7.50 **My Icon: Shaun Gayle**
8.00 **Murder at the Post Office** 2/3. The prosecution alleges Robin was stealing from the Post Office.
9.00 **Music Box: Counting Crows** Documentary exploring how the rock band navigated fame while staying true to their art.
11.00 **Stevie Van Zandt: Disciple** Profile of the musician and actor.
1.45 AM **Wise Guy: David Chase and The Sopranos**
4.45 **My Icon: John Amaechi**
5.00 **to 6.00** AM **Discovering: Richard Dreyfuss**

Sky Nature

145 113/114 189 354 369

6.00 AM **Beasts of the Big Blue**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Deep Dive North America**
12.00 NOON **Great Blue Wild**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Animal Empires**
4.00 **Evolution Earth**
5.00 **Uptown Otters**
6.00 **Great Blue Wild**
7.00 **Monkey Life** Double bill.
8.00 **Secrets of the Enchanted Waters** Swamplands.
9.00 **Extraordinary Animals**
10.00 **Great Blue Wild** A look at research into manta rays on the South African coast.
11.00 **Uptown Otters**
12.00 M'T **Deep Dive North America**
1.00 AM **Beasts of the Big Blue**
2.00 **Secrets of the Enchanted Waters** As 8.00pm.
3.00 **Extraordinary Animals**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 143 186

6.00 AM **Secrets of the Lost Liners**
7.00 **Secrets in the Jungle**
8.00 **What on Earth?**
9.00 **Hitler: Uncovering His Fatal Obsession** As 7.00pm.
11.00 **Ancient Aliens Special Presentation** As 11.00pm.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Secrets of the Lost Liners**
5.00 **Secrets in the Jungle**
6.00 **What on Earth?**
7.00 **Hitler: Uncovering His Fatal Obsession** 1&2/2. Hitler's invasion of Russia in 1941.
9.00 **Greatest Heists with Pierce Brosnan** The Dunbar Armored Depot Heist of 1997.
10.00 The actor explores the Gardner Museum Heist of 1990.
11.00 **Ancient Aliens Special Presentation** A look at how technological advancements have assisted in the search for life beyond Earth.
1.00 AM **Ancient Aliens**
2.00 **Digging for Britain**
4.00 **Full Custom Garage**
5.00 **to 6.00** AM **Empire Builders**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Accident, Suicide or Murder?**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder at the Motel**
2.00 **Prison Brides**
3.00 **Murdertown**
4.00 **Killer Britain with Dermot Murnaghan** Stephen Port.
5.00 **Crimes That Shook Britain**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **I Knew My Murderer**
9.00 **My Strange Arrest** New editions A naked man shows up on a homeowner's doorstep.
9.30 A traffic stop takes an embarrassing turn.
10.00 **Court Cam** Double bill.
11.00 **Ozark Law** Documentary.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **My Strange Arrest**
3.00 **Crimes That Shook Britain**
4.00 **Murdertown**
5.00 **to 6.00** AM **Critical Evidence**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska's Grizzly Gauntlet**
10.00 **Wild Hunters**
11.00 **Animal Fight Club**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **North American Birds**
3.00 **Shark Men**
4.00 **Snakes in the City**
5.00 **Inside Sydney Airport**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo: North Carolina** Zoo keepers prepare for a chimp birth.
8.00 **Africa's Hunters** A young lion who was rejected by its mother faces a series of challenges.
9.00 A young leopard refuses to leave its mother.
10.00 **Life Below Zero: First Alaskans** Natives forgo sleep to make the most of the daylight.
11.00 **Ice Road Rescue**
12.00 M'T **Exotic Animal ER**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181 320 325

7.00 AM **World's Deepest Goldmine**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Scientists explore what will happen if an asteroid hurtles towards Earth.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **World's Deepest Goldmine** Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** The Isle of Man TT.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Exploration Volcano**
11.00 **Expedition Volcano**
1.00 PM **Land of the Lost Wolves**
2.20 **Exploration Volcano**
4.20 **Expedition Volcano**
6.20 **Land of the Lost Wolves** 1/2. Gordon Buchanan presents a documentary about wolves in Washington's Cascade Mountains, following the first pack to live in the north-west of America in 70 years.
7.40 **Exploration Volcano** Chris Horsley inspects Stromboli.
8.40 The volcanic eruption on the Spanish Canary Island of La Palma, which has destroyed over 3,000 homes.
9.40 **Expedition Volcano** 1/2. Exploring volcanos in the Democratic Republic of Congo.
10.40 2/2. The team take a helicopter to an active volcano.
11.40 **Land of the Lost Wolves**
1.00 AM **Exploration Volcano**
3.00 **Expedition Volcano**
4.40 **to 6.00** AM **Land of the Lost Wolves**

+1 hour 266 376

ID

154 141 166

8.00 AM **Still a Mystery**
9.00 **The Perfect Murder**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland** The hunt for the killer of a person whose body was found in Dunlap, Tennessee.
1.00 PM **The Perfect Murder**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Someone You Thought You Knew** Double bill of editions.
7.00 **Evil Lives Here** Examining the case of killer Timothy Bass.
8.00 Shirley Gaskins recalls the crimes of her father.
9.00 **The Lake Erie Murders** The 1980 murder of Sister Margaret Ann Pahl in Toledo, Ohio.
10.00 **Destination Fear** The team investigate one of the most haunted locations in Michigan.
11.00 **Kindred Spirits**
12.00 M'T **The Dead Files**
2.00 AM **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **Evil Lives Here**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Flooding in Iowa destroys a railroad crossing.
7.00 **Junkyard Empire**
8.00 **Motor Pickers**
9.00 **Shorty's Dream Shop**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Documentary.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Shorty's Dream Shop**
4.00 **Street Outlaws: Locals Only**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Rockin' Roadsters**
10.00 **Shorty's Dream Shop**
11.00 **Salvage Hunters: Classic Cars**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.15 AM **All the Devils Are Here**
8.50 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
10.35 **The Phoenician Scheme** Wes Anderson's offbeat comedy. (2025, 15, 101min) ★★★
12.20 PM **PREMIERE Nuremberg**
2.50 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
5.10 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. (2024, 12, 169min) ★★★

8.00 Nuremberg

8.00 **PREMIERE Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon, Richard E Grant and Colin Hanks. (2025, 15, 148min) ★★★★★
See review, page 24.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Safe House** Thriller with Lucien Laviscount and Holt McCallany. (2025, 15, 90min)
2.05 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
3.40 **The Wedding Banquet** Romantic comedy drama. (2025, 15, 103min) ★★★
5.25 **to 6.00** AM **Hallow Road** Thriller with Rosamund Pike. (2025, 15, 80min) ★★★★

Sky Cinema Science Fiction

303 303 403 503 517

7.00 AM **Chappie** (2015, 15) ★★
9.05 **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
10.55 **The Chronicles of Riddick** Adventure. (2004, 15) ★★★
1.00 PM **Pacific Rim** Adventure. (2013, 12, 126min) ★★★
3.15 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
6.00 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★

10.20 Edge of Tomorrow

8.00 **The Matrix** Sci-fi action thriller starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers. (1999, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
3.00 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
4.50 **to 6.35** AM **Evolution** Sci-fi comedy with David Duchovny. (2001, PG, 101min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
8.05 **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
9.30 **The China Syndrome** Thriller. (1979, PG, 122min) ★★★★
11.40 **Paper Moon** Vintage comedy. (1973, b/w, PG, 100min) ★★★★
1.35 PM **Little Women** Screen version of Louisa May Alcott's tale. (1994, U, 114min) ★★★
3.40 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
6.05 **Burning an Illusion** Drama starring Cassie McFarlane. (1981, 15, 103min) ★★★
8.00 **I, Tonya** Biopic starring Margot Robbie, Sebastian Stan, Allison Janney and Julianne Nicholson. (2017, 15, 119min) ★★★★
10.15 **Fifty Shades of Grey** Erotic drama based on EL James' bestseling novel, starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
12.25 AM **Fifty Shades Darker** Erotic drama sequel starring Dakota Johnson. (2017, 18, 118min) ★
2.30 **Fifty Shades Freed** Erotic drama sequel starring Jamie Dornan. (2018, 18, 105min) ★
4.25 **to 6.15** AM **Beach Rats** Drama. (2017, 15, 98min) ★★★

Sky Cinema Horror

311 311 411 511 525

6.45 AM **Wolf Man** As 1.45am.
8.35 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
10.45 **Blade: Trinity** Action adventure sequel. (2004, 15, 113min) ★★★
12.35 PM **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
2.50 **Presence** Horror thriller. (2024, 15, 84min) ★★★★
4.20 **Annabelle** Horror with Annabelle Wallis. (2014, 15, 97min) ★★
6.05 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
8.00 **The Crazies** Horror remake starring Timothy Olyphant and Radha Mitchell. Three locals set out to find a safe haven when the residents of their small town turn into homicidal maniacs. (2010, 15, 101min) ★★★★
9.50 **Abigail** Horror starring Melissa Barrera and Dan Stevens. (2024, 18, 105min) ★★★★
11.45 **Salem's Lot** Stephen King horror. (2024, 15, 109min) ★★★
1.45 AM **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
3.35 **From Dusk Till Dawn 3: The Hangman's Daughter** Chiller sequel. (2000, 18, 94min) ★★
5.15 **to 7.25** AM **Logan's Run** Sci-fi adventure starring Michael York. (1976, PG, 115min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **The Karate Kid** (2010)
8.40 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
10.15 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
11.50 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★
1.40 PM **IF** Fantasy. (2024, U) ★★★
3.30 **The Karate Kid** Martial arts drama. (2010, PG) ★★★
6.00 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★

7.45 Monster Trucks

7.45 **Monster Trucks** Fantasy adventure starring Lucas Till. A teenager befriends a monster which feeds on oil, which bonds with the monster truck he is building from scrap. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Spider-Man 2** Fantasy sequel with Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★
1.25 AM **Friend or Foe** Family drama. (1981, U, 70min) ★★★
2.50 **Breaking Point** Drama. (2023, 12, 102min) ★★★
4.45 **to 7.00** AM **Ride On** Action drama. (2023, PG) ★★★

Sky Cinema Action

307 307 407 507 521

6.55 AM **Troy** As 2.50am.
9.40 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
11.40 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
1.25 PM **300** Epic adventure. (2006, 15, 116min) ★★★★
3.25 **Terminator Salvation** Sci-fi sequel. (2009, 12) ★★★
5.30 **Furiosa: A Mad Max Saga** Fantasy adventure prequel. (2023, 15, 148min) ★★★★

10.15 Streetfighter

8.00 **Jurassic Park** Steven Spielberg's monster thriller based on Michael Crichton's bestseller, starring Sam Neill. A billionaire showman creates an island leisure park populated by genetically engineered dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Streetfighter** Martial arts action drama based on the popular computer game, with Jean-Claude Van Damme, Ming-Na Wen and Kylie Minogue. (1994, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **2012** Epic disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. (2009, 12, 158min) ★★★
2.50 **Troy** Epic drama starring Brad Pitt. (2004, 15, 163min) ★★★
5.35 **to 7.15** AM **Old Guy** Action comedy with Christoph Waltz. (2024, 15, 94min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.05 AM **Kangaroo Jack** (2003) ★
7.40 **Click** (2006, 12) ★★★★
9.30 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
11.10 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
12.50 PM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
2.30 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★
4.20 **Ted 2** (2015, 15) ★★★
6.20 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★

6.20 13 Going on 30

8.00 **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. A woman becomes her ex-husband's mistress but also finds herself attracted to a shy architect. With John Krasinski. (2009, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their own intrusive fathers. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
1.40 AM **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
3.10 **The Witches of Eastwick** Offbeat comedy fantasy. (1987, 18, 118min) ★★★★
5.10 **to 6.55** AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Absolution** Crime thriller. (2024, 15, 112min) ★★★
9.00 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
11.00 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
1.15 PM **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
3.10 **The Godfather** Francis Ford Coppola's epic gangster drama. (1971, 15, 167min) ★★★★★
6.10 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★

6.10 Black Bag

8.00 **Nightcrawler** Thriller starring Jake Gyllenhaal. An unscrupulous freelance TV cameraman prowls the streets of LA, looking for scoops to sell to sensation-hungry TV stations. With Rene Russo and Riz Ahmed. (2014, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **American Gangster** Ridley Scott's epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Shaft** Crime thriller. (2000, 18, 99min) ★★★
2.35 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
4.40 **to 6.25** AM **Dead Shot** Thriller starring Aml Ameen. (2023, 15, 92min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Caine Mutiny** Drama. (1954, U, 119min) ★★★★
1.40 PM **Roman Holiday** Vintage romantic comedy. (1953, b/w, U, 118min) ★★★★★
4.00 **How Green Was My Valley** Director John Ford's classic Oscar-winning drama. (1941, b/w, U, 118min) ★★★★
6.20 **A Knight's Tale** Medieval romantic action comedy. (2001, PG, 132min) ★★★

9.00 The Last Stand

A Knight's Tale (film started at 6.20pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Last Stand** Action thriller starring Arnold Schwarzenegger. An Arizona sheriff and his deputies try to stop a Mexican drug kingpin escaping over the border. With Forest Whitaker and Johnny Knoxville. (2012, 15, 107min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Legion** Action fantasy thriller starring Paul Bettany and Lucas Black. A rogue angel comes down to Earth to save a pregnant waitress when God launches an apocalyptic campaign against humankind. (2010, 15, 100min) ★★★ **11 PM**
1.00 **to 3.25** AM **Dead Presidents** Crime drama starring Larenz Tate. (1995, 18, 119min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Blockbusters

302 302 402 502 516

6.15 AM **Robin Hood: Prince of Thieves** As shown at 2.15am.
8.40 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
10.40 **Hook** As shown at 5.00am.
1.05 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
3.45 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
5.35 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
8.00 **Fast & Furious 5** Action thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. (2011, 12, 130min) ★★★
10.15 **Dunkirk** Christopher Nolan's drama starring Kenneth Branagh and Tom Hardy. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
12.10 AM **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
2.15 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
4.40 **Cinema List: Family Favourites**
5.00 **to 7.25** AM **Hook** Fantasy. (1991, U, 140min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.00 AM **The Godfather** Francis Ford Coppola's classic gangster saga. (1971, 15, 167min) ★★★★★
9.55 **The Godfather Part II** Francis Ford Coppola's gangster sequel. (1974, 18, 200min) ★★★★★
1.15 PM **The Godfather Part III** Final chapter of the gangster epic. (1990, 15, 162min) ★★★★
4.05 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
5.50 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid. A terrifying great white shark makes its way to a marine theme park. (1983, 12, 99min) ★★
11.40 **Bram Stoker's Dracula** Francis Ford Coppola's horror. (1992, 18, 123min) ★★★
1.50 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
3.35 **to 6.00** AM **The Shining** Stanley Kubrick's chiller. (1980, 15, 119min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
8.05 **Penguins of Madagascar** Animation. (2014, U) ★★★★
9.50 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★
11.20 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
12.45 PM **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U) ★★★★★
2.25 **The Emoji Movie** (2017, U) ★
4.00 **Madagascar** (2005, U) ★★★★
5.40 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
7.20 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
9.00 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
10.45 **The Angry Birds Movie** Animation. (2016, U) ★★★
12.35 AM **The Angry Birds Movie 2** Animation. (2019, U) ★★★
2.25 **The Emoji Movie** As 2.25pm.
4.05 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
5.35 **to 7.15** AM **Cloudy with a Chance of Meatballs** (2009)

Movies 24

312 313 419

7.00 AM **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
9.00 **Mystery Island: Play for Keeps** Drama with Elizabeth Henstridge. (2025, PG, 90min) ★★
11.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★
3.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
5.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
7.00 **Autumn at Apple Hill** Romantic comedy starring Erin Cahill. (2024, PG, 84min) ★★
9.00 **A Match In Manhattan** Romantic drama starring Kalinka Petrie and Jefferson Brown. A teacher fallen on hard times becomes an au pair to an infamous New York property tycoon. (2024, PG, 90min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 AM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Blind Date Book Club** Drama. (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman** (S1)
6.30 **The More the Merrier** Comedy. (1943, b/w, PG, 97min) ★★★
8.35 **Cottage to Let** Comedy thriller. (1941, b/w, U, 90min) ★★★
10.20 **Walk a Crooked Mile** Drama. (1948, b/w, PG, 91min) ★★★
12.10 PM **Jassy** Period melodrama. (1947, PG, 102min) ★★
2.10 **The Bigamist** Melodrama. (1953, b/w, PG, 80min) ★★★
3.45 **The Brave Don't Cry** Drama. (1952, b/w, U, 90min) ★★★
5.30 **Rebecca** Classic Hitchcock thriller starring Laurence Olivier and Joan Fontaine. (1940, b/w, PG, 130min) ★★★★★
8.00 **Z Cars** 15/31. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Omega Factor** 6/10. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Body Beneath** Horror with Gavin Reed and Jackie Skarvellis. (1970, 15, 82min) ★★★
11.45 **Cellar Club with Caroline Munro**
11.50 **Hammer House of Mystery and Suspense** 1/13. (S1)
1.20 AM **Come Back Peter** Comedy. (1952, b/w, U, 80min) ★★★
2.55 **The Miracle of the Bells** Drama. (1948, b/w, U, 120min) ★★★
5.15 **Look at Life**
5.30 **to 6.00** AM **Out of Town**

FRIDAY Sport

9 January

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
2.00 PM **Total Football**
3.30 **LIVE SA20 Durban Super Giants v Sunrisers Eastern Cape.** Coverage of the match staged at Kingsmead Cricket Ground in Durban. The Super Giants will be looking to improve this time around after finishing bottom of the table in 2025, while the Sunrisers are aiming to go one better after losing to MI Cape Town in last year's final.
7.00 **The Transfer Show**
8.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus extended interviews with headline makers.
10.00 **Sky Sports News**
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Stories**
7.30 **Premier League Highlights**
8.30 **The Big Interview**
9.00 **Premier League Stories**
9.30 **Premier League Highlights** Action from Arsenal v Liverpool staged at Emirates Stadium.
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
4.00 **The Transfer Show**
4.30 **Total Football**
5.00 **The Premier League Show**
7.00 **Premier League Review** Action from the 21st round of fixtures.
8.00 **The Big Interview** With a Premier League star of the past or present.
8.30 **Premier League Stories** A profile of Micky van de Ven.
9.00 **Premier League Review** Action from the 21st round of fixtures.
10.00 **The Big Interview**
10.30 **Premier League Stories**
11.00 **Premier League Years** A look back at the 1997/98 season.
1.00 AM **PL Retro** A replay of Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2000/01**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **EFL Highlights**
1.00 PM **SPFL Highlights**
1.15 **EFL Cup Highlights**
2.15 **EFL Highlights** Championship.
3.30 **150 Years of the Edinburgh Derby** A look at the rivalry between Hearts and Hibernian.
4.30 **Bundesliga Special: Midseason Review** The first half of the German top-flight season.
5.30 **EFL Highlights** Championship.
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **Bundesliga Weekly**
9.00 **EFL Cup Highlights**
10.00 **SPFL Highlights**
10.15 **EFL Highlights** Action from Middlesbrough v Southampton.
10.30 Birmingham v Coventry.
10.45 Highlights of Queens Park Rangers v Sheffield Wednesday.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Hobart Hurricanes v Adelaide Strikers.** From Ninja Stadium.
11.30 **Best of England v South Africa**
11.45 **Best of ICC WT20**
12.00 NOON **SA20** Recent action.
2.00 PM **Big Bash League**
3.00 **Best of Jimmy Anderson**
3.10 **Best of Sky Cricket**
3.20 **LIVE SA20 Durban Super Giants v Sunrisers Eastern Cape.** Coverage of the match from Kingsmead Cricket Ground.
7.00 **Big Bash League**
8.00 **SA20** Recent action.
10.00 **WPL** Highlights from Mumbai.
11.00 **Big Bash League**
2.20 AM **Best of Jimmy Anderson**
2.30 **Best of England v South Africa**
2.45 **Best of ICC WT20**
3.00 **SA20** Recent action.
3.55 **Atherton Lord's Pavilion Portraits**
4.00 **Big Bash League**
4.55 **to 8.10** AM **LIVE Big Bash League Brisbane Heat v Sydney Thunder.** Coverage of the T20 match at the Gabba.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
9.30 **DP World Tour Golf** Highlights from the 2025 Hainan Classic.
10.30 **DP World Tour Golf** A chance to see day four of the 2025 KLM Open from The International.
4.00 PM **DP World Tour Golf** The 2025 BMW International Open fourth and final day at Golfclub München Eichenried in Germany.
9.30 **Junior Golf** Highlights from the Justin Rose Telegraph Junior Golf Championship.
10.00 **The Players Championship** Highlights from the 2025 tournament held at TPC Sawgrass in Ponte Vedra Beach, Florida.
11.00 **PGA Tour Golf** A review of the 2025 RBC Heritage.
12.00 M'T **PGA Tour Golf**
3.00 **Mark Roe's Short Game School** Expert golfing advice.
3.30 **Best of the Shot Centre**
4.00 **to 6.00** AM **Highlights**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.
2.00 PM **ATP Tennis** The ATP Finals.
2.15 **WTA Tennis** The WTA Finals.
2.30 **WTA & ATP Tennis**
3.30 **ATP Tennis** Auckland Open final.
4.30 **WTA & ATP Tennis** Action from the Tours, including the Brisbane Open and Hong Kong Open.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Further coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Features**
8.30 **LIVE Isuzu UTE A-League Brisbane Roar v Auckland FC.**
10.30 **TNT Sports Reload**
11.00 **Premier League Review**
12.00 NOON **PL: Big Interview**
12.30 PM **Premier League Netbusters**
1.00 **TNT Sports Reload**
1.15 **LIVE Biathlon** Coverage of the women's sprint from Oberhof.
2.45 **Kenny Allstar's Number 1's**
3.00 **MLB Plays of the Week**
4.00 **Isuzu UTE A-League**
5.00 **Kenny Allstar's Number 1's**
5.15 **Sign Up – Into Football**
6.00 **The Edge** The fifth Ashes Test.
7.00 **Premier League Review**
8.00 **Classic Premier League**
9.00 **Formula E Highlights**
10.00 **LIVE Formula E** Coverage from the Mexico City E-Prix.
11.00 **Premier League Review**
12.00 M'T **TNT Sports Reload**
12.30 AM **LIVE Freestyle Skiing** The dual moguls from Val Saint-Côme.
2.00 **UEFA Champions League**
3.00 **LIVE A-League Women Wellington Phoenix v Melbourne City.** Coverage from Porirua Park. Kick-off **3.00am**.
5.00 **to 6.00** AM **Isuzu UTE A-League**

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
6.30 **In My Blood** Double bill.
7.00 **Ultimate Pool** Recent action.
8.30 **Serie A** Highlights from Italy.
10.30 **Fishing: On the Bank**
11.30 **LIVE Nordic Combined Skiing** From Otepää, Estonia.
1.00 PM **August 4th: An Olympic Odyssey**
2.15 **LIVE Nordic Combined Skiing** From Otepää, Estonia.
3.15 **TNT Sports Reload**
3.30 **LIVE Nordic Combined Skiing** From Otepää, Estonia.
4.30 **Classic Premier League**
5.30 **Premier League Legends**
6.00 **Football Is for Everyone**
7.45 **Playing for Our Future**
8.00 **TNT Sports Cricket Reload**
8.30 **Premier League Netbusters**
9.00 **Isuzu UTE A-League**
10.00 **The Edge** The fifth Ashes Test.
11.00 **TNT Sports Cricket Reload**
12.00 M'T **Fishing: On the Bank**
1.00 AM **MLB Plays of the Year**
2.00 **Premier League Netbusters**
2.30 **TNT Sports Reload**
3.45 **The Edge** The fifth Ashes Test.
4.45 **to 6.00** AM **LIVE T20 Super Smash** Coverage from New Zealand's domestic competition.

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Atlanta Falcons v Los Angeles Rams.
12.00 NOON **NFL Bitesize Highlights**
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **49 Hours** A behind-the-scenes look at the 49 hours before a San Francisco 49ers game.
8.15 **NFL Bitesize Highlights** Action from two week 18 matches.
8.45 A week 17 fixture.
9.00 **NFL Highlights** Tampa Bay Buccaneers v Atlanta Falcons.
10.00 **NFL Highlights** Action from two games in week 18 of the season.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Bitesize Highlights**
2.00 **NFL Highlights** Action from Detroit Lions v Dallas Cowboys.
3.00 Highlights from Dallas Cowboys v Kansas City Chiefs.
4.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **LIVE WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open, and ATP Hong Kong Open.
1.50 PM **LIVE WPL Mumbai Indians v Royal Challengers Bengaluru.** Coverage of the women's T20 match staged at DY Patil Stadium in Navi Mumbai.
5.30 **The Premier League Show**
7.00 **The Transfer Show**
8.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus extended interviews with headline makers.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News** With live analysis, comment and interviews.
12.00 M'T **World Darts Championship** Highlights of the final at Alexandra Palace, London.
1.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Continued coverage from the WTA and ATP Tours, including the United Cup, WTA Brisbane Open, WTA Auckland Open, ATP Brisbane Open and ATP Hong Kong Open.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Big Bash League**
8.00 **SA20** Recent highlights.
9.00 **US Open Official Films**
11.00 **Formula 1** Abu Dhabi Grand Prix.
12.30 PM **Big Bash League**
1.30 **SA20** Recent action.
2.30 **PL Greatest Games**
3.00 **NFL Highlights**
4.00 **PL Retro** Man United v Liverpool.
6.00 **Big Bash League**
7.00 **SA20** Highlights from Joburg Super Kings v Paarl Royals.
8.00 **World Darts Championship** Highlights of the semi-finals and final at Alexandra Palace, London.
10.00 **Highlights**
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **NFL Highlights**
3.00 **EFL Greatest Games**
4.00 **Big Bash League**
5.00 **to 6.00** AM **Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **Dakar Rally Saudi Arabia**
7.00 **Formula E Flashback**
9.00 **LIVE A-League Women Sydney FC v Adelaide United.** Coverage from Leichardt Oval.
11.00 **LIVE A-League Women Perth Glory v Western Sydney Wanderers.** Coverage of the match held at Sam Kerr Football Centre. Kick-off **11.00am**.
1.00 PM **Serie A** Highlights from Italy.
3.00 **Premier League Review**
4.00 **Ultimate Pool** Group One of the Champions League.
5.30 **Fishing: On the Bank**
6.30 **TNT Sports Reload**
7.00 **Snooker: Home Nations Series Scottish Open** Action from the final in Edinburgh.
9.00 **Dakar Rally Saudi Arabia**
10.00 **The Club That George Built**
11.15 **Playing for Our Future**
11.30 **Ultimate Pool** Recent action.
1.00 AM **MotoGP Classics**
4.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League – Stories of the Finals**
7.30 **MotoGP Films** Archive action.
9.00 **MotoGP Classics**
12.00 NOON **Snooker Shoot Out** Action from the final day of the single-frame tournament.
2.00 PM **Snooker: Home Nations Series Scottish Open** Action from the final in Edinburgh.
4.00 **MotoGP Classics: Suzuka 1995** The Japanese Grand Prix staged at the Suzuka Circuit.
5.00 **MotoGP Classics** Action from the 1995 Dutch Grand Prix.
6.00 Argentinian Grand Prix.
7.00 **Serie A** Sassuolo v Juventus.
8.00 Parma v Inter Milan.
9.00 **UFC: The Ultimate Fighter** Five editions of the series in which MMA fighters compete against each other for a UFC contract.
2.00 AM **Snooker Shoot Out**
4.00 **to 6.00** AM **Snooker: Home Nations Series Scottish Open**

Premier Sports 1

419 551

6.00 AM **Top 14 Rugby Union**
8.00 **Asian Le Mans Series**
9.00 **Eredivisie Highlights**
10.00 **Swedish Hockey League**
12.00 NOON **World of FreeSports**
12.30 PM **Scottish Football Social Club**
1.30 **LaLiga Match Highlights**
2.00 **NHL on the Fly**
3.00 **LaLiga Match Highlights**
4.00 **Top 14 Rugby Union Highlights**
4.30 **The Rugby Pod**
6.00 **Champions Cup Highlights**
7.00 **LIVE Champions Cup Edinburgh v Gloucester.** The Pool Two match staged at Hive Stadium. Kick-off is at **8.00pm**.
10.00 **URC in 60** The ninth round.
11.00 **LaLiga** A match replay.
1.00 AM **NHL Tonight**
2.00 **LIVE NHL Ice Hockey Utah Mammoth v St Louis Blues.** The Western Conference match at Delta Center. Face-off **2.00am**.
5.00 **Sporting Countdowns**
5.30 **to 5.30** AM **World of FreeSports**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **NHL Ice Hockey**
10.00 **Temples of Sport**
10.30 **Champions Cup**
12.30 PM **Football's Greatest**
1.00 **LaLiga** Real Madrid v Real Betis.
3.00 **Football's Greatest**
3.30 **Champions Cup** Another chance to see Castres v Edinburgh.
5.30 A replay of Toulon v Bath.
7.30 **LIVE Champions Cup Castres v Bath Rugby.** Coverage of the Pool Two match from Stade Pierre-Fabre. Kick-off **8.00pm**.
10.00 **Temples of Sport**
11.00 **NHL Ice Hockey** Philadelphia Flyers v Toronto Maple Leafs.
1.00 AM **LIVE NHL Ice Hockey Winnipeg Jets v Los Angeles Kings.** Coverage of the Western Conference match from Canada Life Centre. Face-off **1.00am**.
4.00 **NHL Specials** Stanley Cup.
4.30 **Temples of Sport**
5.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1**
8.30 **F1 Academy Highlights**
10.35 **Carlos Sainz & the Lie Detector**
10.50 **Cadillac Feature**
11.00 **Formula 1** The Chinese GP.
2.15 PM **Ted's Notebook**
2.45 **Cadillac Feature**
2.55 **F1 Explained: Pit Lane Battle**
3.00 **Formula 1** The Chinese GP.
7.55 **Ted's Notebook**
8.35 **Cadillac Feature**
8.45 **F1 Explained: How to Tailor an F1 Car**
8.55 **Ted Lego Feature**
9.00 **Formula 1** The Chinese GP.
10.00 The Japanese Grand Prix.
11.00 The Bahrain Grand Prix.
12.00 M'T **to 6.00** AM **Formula 1**

KIDS WATCHLIST

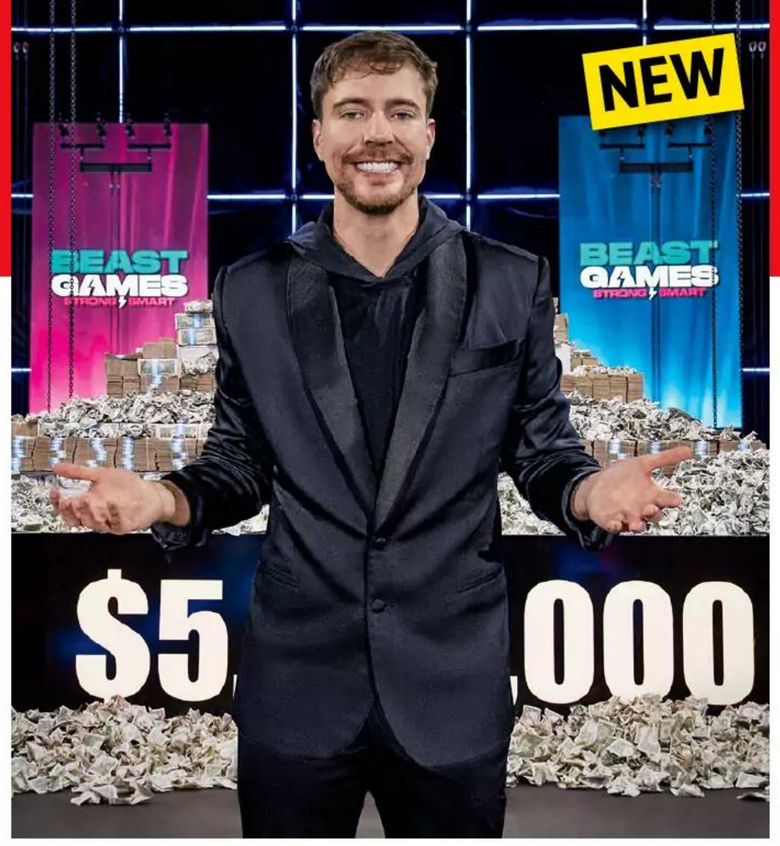
Great shows for young viewers (from tots to teens) on linear TV and streaming

The Scarecrows' Wedding

Available now, BBC iPlayer

If you missed this latest Julia Donaldson adaptation at Christmas, head over to BBC iPlayer. The charming tale follows scarecrows Betty O'Barley and Harry O'Hay (Jessie Buckley and Domhnall Gleeson), who are busy planning their wedding. However, Reginald Rake (voiced by Rob Brydon, who has appeared in each of the BBC/Donaldson adaptations to date) is doing all he can to stop the nuptials!

Did you know: There is a hidden Gruffalo in most of Julia Donaldson's animations – can you find him in *The Scarecrows' Wedding*?



Beast Games

Available from Wednesday, Prime Video

The world's most popular YouTuber, MrBeast, returns with another season of his game show, which this time has a 'Strong vs Smart' theme.

Starting with 100 competitors with brain and brawn, all eyes will be on the epic $5million prize. But standing in the way will be a series of challenges requiring human strength, intelligence and strategy. Who will have the muscle and brain power to go the distance?

Eps 1–3 available on Wed, then new episodes weekly.

More shows to watch this week and in 2026...

Rentaghost

Saturday, 7.15pm, BBC4

Viewers of a certain generation will remember the comedy about a group of ghouls, including jester Timothy Claypole. Ahead of its 50th anniversary on Tuesday (6 Jan), here's a chance to watch a classic episode.

The Family Plan 2

Available now, Apple TV

The perfect choice for movie night, this follow-up follows the Morgans as they travel to London for Christmas. But when Dan's resentful criminal long-lost brother turns up, a wild-goose chase ensues across Europe.

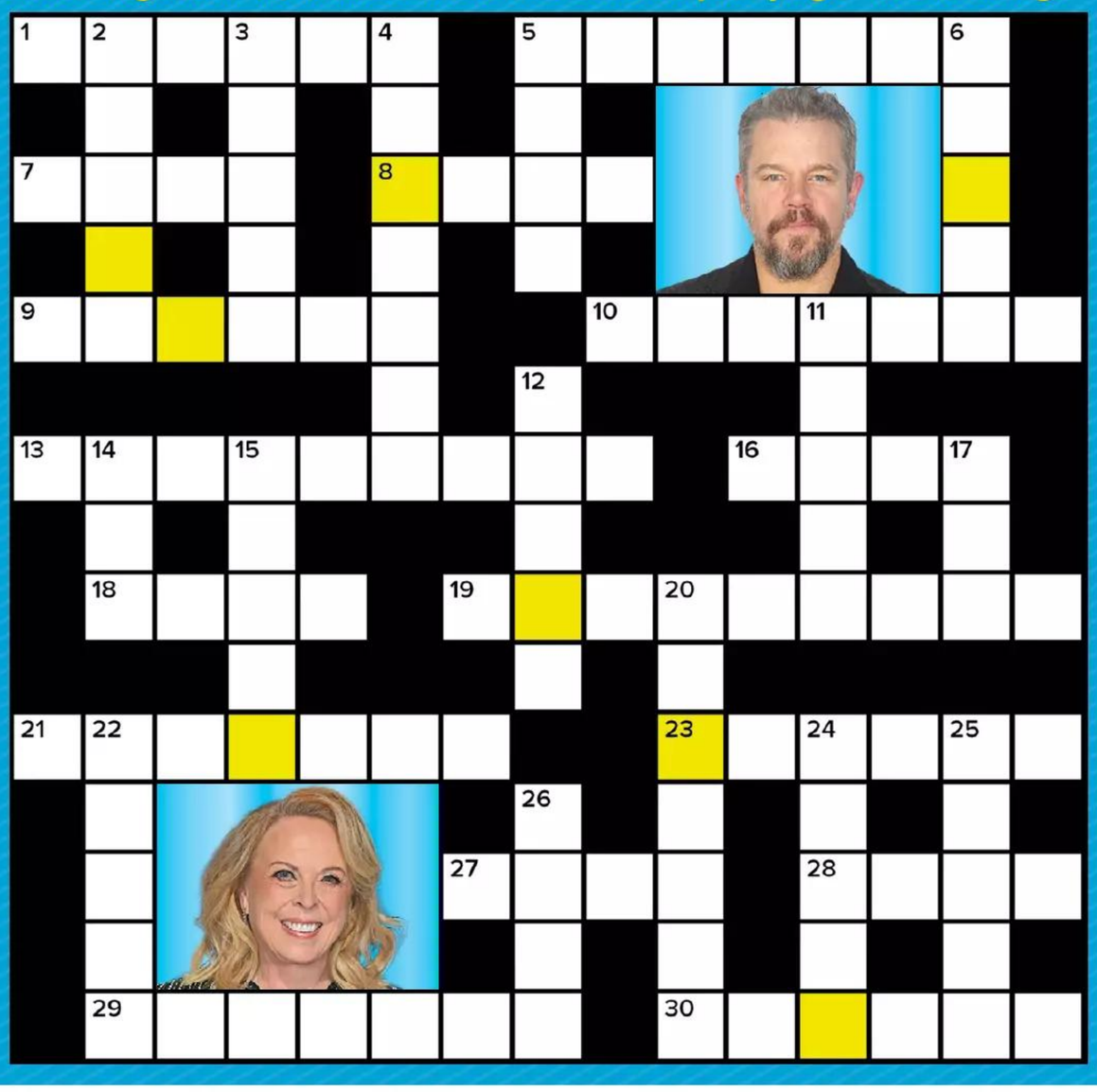
Balamory

Coming to CBeebies in 2026

We'd like to know what the story is behind the comeback of the show, which is being revamped and is due to hit our screens later this year, with characters including Miss Hoolie set to return.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English singer and songwriter (4,4). Answers at the bottom of the page – no cheating!



ACROSS

1 Luc ------, director of *The Fifth Element* (6)
5 See picture clue: Jayne -------, Winter Olympics gold medallist (7)
7 Star and writer of *30 Rock*, ---- Fey (4)
8 *Gavin & Stacey* star and co-creator, ---- Jones (4)
9 Practical-joke TV show, *Candid* ------ (6)
10 *Starlight* -------, Baron Lloyd Webber musical about a steam engine (7)
13 Russell Crowe movie set in Ancient Rome (9)
16 *White* ----, Dido single (4)
18 Hit White Stripes single, *Seven Nation* ---- (4)
19 --------- Jobert, ex-*Death in Paradise* actor (9)
21 *Only* -------, long-running BBC2 quiz show fronted by Victoria Coren Mitchell (7)
23 US singer who portrayed Catwoman, ------ Kitt (6)
27 ---- Conn, played Frenchie in *Grease* (4)
28 Phil Collins song, *Against All* ---- (*Take a Look at Me Now*) (4)
29 Series with Sarah Moore, *Money for* ------- (7)
30 *The Blacklist* and *Boston Legal*, James ------ (6)

DOWN

2 Former *Baywatch* actor, ----- Eleniak (5)
3 Sitcom starring Peter Kay, *Car* ----- (5)
4 Seattle band with Kurt Cobain and Dave Grohl (7)
5 Former *Doctor Who* star, Catherine ---- (4)
6 *Inspector Morse* spin-off with Laurence Fox (5)
11 Disney animated movie, *Wreck-It* ----- (5)
12 Whoopi Goldberg movie, *The* ----- *Purple* (5)
14 --- Michele, *Glee* star (3)
15 See picture clue: Star of *The Talented Mr Ripley*, Matt ----- (5)
17 1980s Tom Cruise movie, *Top* --- (3)
20 *Public* -------, TV crime drama with Anna Friel (7)
22 Surname of *Coronation Street* characters Hilda and Stan (5)
24 Old American sitcom with Valerie Harper (5)
25 Animated film with Steve Carell and Bruce Willis, *Over the* ----- (5)
26 Naomi Watts horror film about a cursed videotape, *The* ---- (4)

CROSSWORD SOLUTION

ANSWER: Mark Owen **ACROSS:** 1 Besson 5 Torvill 7 Tina 8 Ruth 9 Camera 10 Express 13 Gladiator 16 Flag 18 Army 19 Joséphine 21 Connect 23 Eartha 27 Didi 28 Odds 29 Nothing 30 Spader
DOWN: 2 Erika 3 Share 4 Nirvana 5 Tate 6 Lewis 11 Ralph 12 Color 14 Lea 15 Damon 17 Gun 20 Enemies 22 Ogden 24 Rhoda 25 Hedge 26 Ring

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC/MAGIC LIGHT PICTURES, DAVID SCOTT HOLLOWAY/PRIME, BBC.

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Recycle

Coming soon

Maya

Maya (Ramsey) and Anna (Haggard)

Bella Ramsey and Daisy Haggard star in a darkly comic thriller

FIRST LOOK

Here's an early look at C4's twisty upcoming psychological drama *Maya*, which centres on a mother and daughter living in a witness-protection programme.

The six-part series, penned and co-directed by Daisy Haggard, sees the actor play protective single mum Anna, who, when she faces danger, leaves her London home to go into hiding in rural Scotland under a new identity with spirited teenage daughter Maya, portrayed by Bella Ramsey.

While cop Debs (Josie Walker) and witness-protection officers Tony (Stuart Bowman) and Karen (Kiran Sonia Sawar) support them, jeopardy is never far away, as hitmen Benji (Ben Chaplin) and Ted (Raphel Famotibe) are on their trail, along with Bobby (Tobias Menzies), a threatening presence from the past. Dame Harriet Walter and Sir Tom Courtenay co-star as Anna's parents Nancy and George.

'It has been brewing in my mind for a long time and I feel fortunate to be able to shine a light on these kinds of stories,' says Haggard. 'And there has only ever been one Maya. I wrote the part with Bella so clearly in my head. Bella is pure magic, just insanely talented.'

EXCITING PROJECT

'This story and these characters Daisy has created are so alive, nuanced, wickedly funny and scarily dark,' adds Ramsey.

'Every character jumps off the page, the dialogue is incredibly witty and I'm so excited to play Maya.'

WHAT'S NEXT FOR...

David Morrissey

The actor will star in ITV1's six-part thriller **Gone** as Michael Polly, a headmaster at a private school who comes under suspicion when his wife disappears, but cop Annie Cassidy (Eve Myles) vows to unravel the truth.

Matthew Macfadyen

In eight-part BBC1 drama **Legacy of Spies**, inspired by John le Carré's espionage novels, the actor will play Cold War secret agent George Smiley, who's on a mission to find a Russian enemy. Charlie Hunnam co-stars.

Coming Back

BBC1 drama **Riot Women**, starring Lorraine Ashbourne and Joanna Scanlan and following the formation of a punk band, will return for a second run exploring the fallout after Kitty (Rosalie Craig) received some startling info.

The third three-part run of Jimmy McGovern's BBC1 anthology drama **Time** will be based in a young offender institution. David Tennant will play troubled prison officer Bailey, while Siobhan Finneran is back as chaplain Marie-Louise.

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Next week *On sale Tuesday 6 January*

Hijack

In Season 2 of Apple TV's thriller, negotiator Sam Nelson (Idris Elba) deals with a new hostage situation.

The Rip

Matt Damon and Ben Affleck in Netflix's film about Miami cops uncovering an illicit stash of cash.

Agatha Christie's Seven Dials

Netflix's whodunnit stars Mia McKenna-Bruce.

Industry

As the BBC1 drama returns, the bankers face fresh challenges and romantic ructions.

WORDS: CAREN CLARK. PHOTOS: APPLE TV, BBC, C4, GETTY, NETFLIX, SHUTTERSTOCK

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

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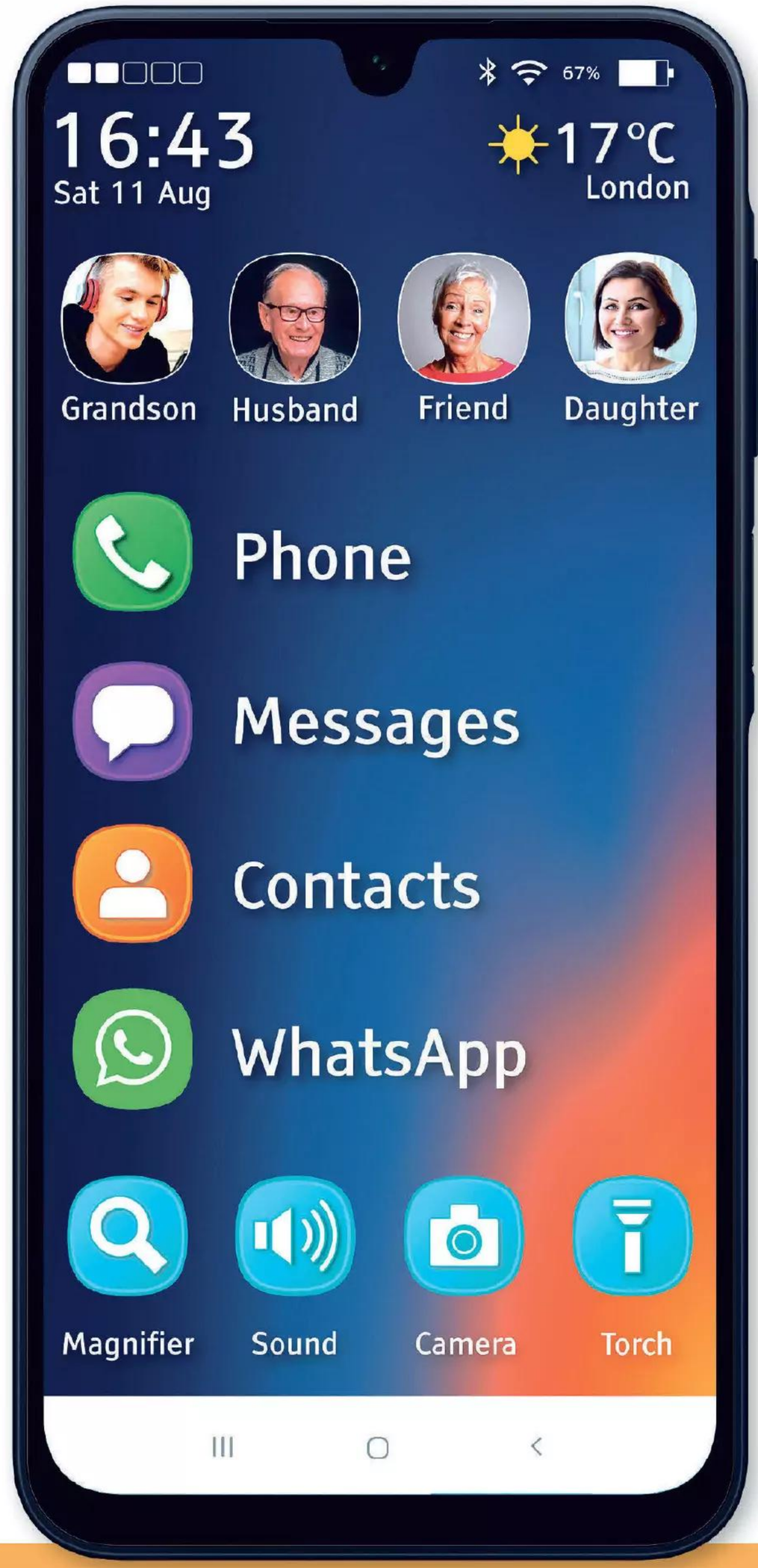

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